

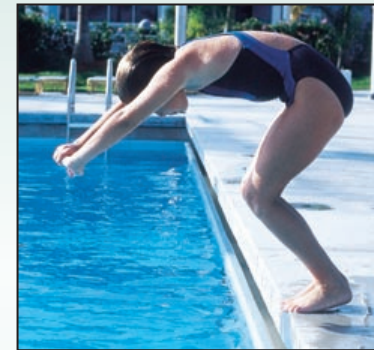
# Fundamentals of Diving LEVEL 6



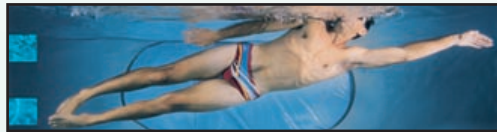
- Front crawl, 100 yards
- Back crawl, 100 yards
- Breaststroke, 50 yards



- Front crawl open turn
- Sidestroke open turn
- Backstroke open turn



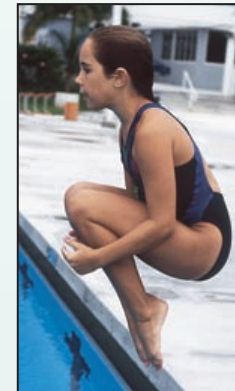
- Basic stretching exercises for diving
- Dive from side from kneeling and compact positions
- Dive from side from stride and standing positions
- Forward dive fall in from diving board
- Approach and hurdle



- Elementary backstroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards



- Front flip turn
- Breaststroke turn
- Butterfly turn
- Backstroke flip turn



- Forward jump, tuck position
- Forward dive, tuck position
- Forward dive, pike position

Name: \_\_\_\_\_

Instructor: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

### Exit Skills Assessment

- 1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- 2. Perform a front approach and hurdle with a feet-first entry from a 1-meter springboard.
- 3. Perform a front approach and hurdle with a head-first entry from a 1-meter springboard.