



**American
Red Cross**

Level 6 – Fundamentals of Diving

Instructor: _____

Date: _____

Student's Name

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Endurance Skills

Front crawl

Back crawl

Breaststroke

Elementary backstroke

Sidestroke

Butterfly

Turns

Front crawl open turn

Sidestroke open turn

Backstroke open turn

Front flip turn

Breaststroke turn

Butterfly turn

Backstroke flip turn

New Skills and Information

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

Forward jump, tuck position

Forward dive, tuck position

Forward dive, pike position

Exit Skills

Exit Skill 1

Exit Skill 2

Exit Skill 3

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.