



Junior Preliminary Skills Evaluation

Swim Distance: 25m (any stroke) **Survival Float:** 1 minute

Topic	Learning Outcomes
<p>Introduction to Surf Life Saving Lesson: Welcome to the family!</p>	<p>Develop and understanding of surf life saving in Australia Identify the surf club as a welcoming place</p>
<p>Personal Safety Lesson: Feeling safe at the beach</p>	<p>Identify what it means to feel safe Identify people to talk to if feeling unsafe at the beach</p>
<p>Ecosurf Lesson: Our beach environment</p>	<p>Recognise the diverse human and marine communities that make up a beach ecosystem</p>
<p>Sun Safety Lesson: Being Sunsmart</p>	<p>Understand and demonstrate the sunsmart guidelines Understand what happens when they're not sunsmart</p>
<p>Surf Conditions and Hazards Lesson: Hazard Watch</p>	<p>Identify dangers at the beach</p>
<p>Surf Safety Lesson: Stick your hand up</p>	<p>Recognise the signs that they are in trouble in the water Demonstrate the signal for 'assistance required'</p>
<p>First Aid Lesson: It's an emergency</p>	<p>Recognise what an emergency situation is Describe when and how to dial '000' if an emergency situation is identified</p>
<p>Signs and Signals Lesson: It's all red and yellow</p>	<p>Recognise the Red and Yellow flags Understand what the Red and Yellow flags mean</p>
<p>Board: Paddling Technique Lesson: Small board big fun</p>	<p>Attempt or perform catching a wave on a body board</p>
<p>Swimming: Entering the Surf Lesson: I'm a dolphin</p>	<p>Attempt or perform wading Attempt or perform dolphin-diving</p>
<p>Beach Sprint: Starts Lesson: Ready. Set. Go!</p>	<p>Attempt or perform a standing beach sprint start</p>
<p>Flags: Starts and Turns Lesson: Get off the ground</p>	<p>Attempt or perform beach flags starts</p>