**PRACTICAL ASSESSMENT TOPICS**

Each candidate is given TWO TOPICS to prepare.

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| **FIRST TOPIC** | **CANDIDATE’S NAME** | **SECOND TOPIC** | **CANDIDATE’S NAME** |
| Entries and Exits |  | Under water confidence practices |  |
| Getting the face wet |  | Treading water |  |
| Opening the eyes under water |  | Regain standing position on the back |  |
| Introduction to the deep end |  | Regain standing position on the front |  |
| Floating (including mushroom float) |  | Front push and glide |  |
| Movement games in water |  | Back push and glide |  |