

Stage: Level 2

1. Regain upright position from the back without support.
2. Regain upright position from the front without support.
3. Push from wall and glide on back with **NO** boards.
4. Push from wall and glide on front with **NO** boards.
5. Kick on the back for **5m**, **NO** boards, from hip **NO** cycling.
6. Kick on the front for **5m**, **NO** boards, from hip **NO** cycling.
7. Fully submerge to pick up an object.
8. Demonstrate a tuck float (Mushroom).