

SUPERSTAR WEEKLY REWARD CHART



NAME: Anais

When I go swimming I can ...

REWARD

19 Feb 2011
Uncle Martin
27 Feb 2011
Uncle Martin
6 March 2011
Uncle Martin

Hold my breath and count to five				No exercises done today as pool was too busy							
Blow bubbles in the water											
Hold on to the side and tilt my head back in the water											
Slide into the water from sitting on the side											
Kick my legs and count to ten (straight legs/floppy feet)											
Float on my back like a starfish											
Push off the wall and float 1 metre											
Hold my breath and dunk my head underwater											
Jump in from the side with someone catching me											
Tread water with my arms and legs											

