



**American
Red Cross**

SAMPLE BLOCK AND LESSON PLANS

Learn-to-Swim Level 3—Stroke Development

Important Note: *These block and lesson plans are samples only and are in no way intended to serve as a recommended way to deliver the lessons. Develop block plans and lesson plans to meet your specific needs.*

Instructor Resources: *Swimming and Water Safety, Water Safety Instructor's Manual, Teaching Swimming and Water Safety DVD, Swimming and Diving Skills DVD, Longfellow's WHALE Tales K-6 Educational Packet, Instructor's Corner*

Learn-to-Swim Level 3—Stroke Development

Day 1	Day 2	Day 3	Day 4
<p>Safety Topic</p> <ul style="list-style-type: none"> Swim as a Pair Near a Lifeguard's Chair 	<p>Safety Topic</p> <ul style="list-style-type: none"> Think So You Don't Sink 	<p>Safety Topic</p> <ul style="list-style-type: none"> Too Much Sun Is No Fun 	<p>Safety Topic</p> <ul style="list-style-type: none"> Look Before You Leap
<p>Review Skills</p> <ul style="list-style-type: none"> Exit skills assessment Level 2 Front crawl arm stroke and kicking drills 	<p>Review Skills</p> <ul style="list-style-type: none"> Bobs while moving toward safety Jellyfish float Front crawl stroke drills 	<p>Review Skills</p> <ul style="list-style-type: none"> Jump into deep water, return to surface, move onto back and float Push off streamlined, flutter kicking then swim front crawl 	<p>Review Skills</p> <ul style="list-style-type: none"> Push off on front, flutter kick and rhythmic breathing with kickboard Push off on back and kick with elementary backstroke using kickboard Push off on front and dolphin kick
<p>New Skills</p> <ul style="list-style-type: none"> Bobs in chest-deep water Flutter kick with rhythmic breathing Push off on front then begin flutter kicking with kickboard Tread water using arm and leg actions 	<p>New Skills</p> <ul style="list-style-type: none"> Flutter kick drills Survival float Jump into deep water, return to surface then swim back to wall Tread water and move into back float 	<p>New Skills</p> <ul style="list-style-type: none"> Push off and glide on front in deep water then move to a vertical position and tread water Elementary backstroke kick drills Push off on back and swim elementary backstroke then recover to vertical position Dolphin kick drills Push off on front and dolphin kick 	<p>New Skills</p> <ul style="list-style-type: none"> Rotary breathing drills Push off streamlined with flutter kicking then swim front crawl Elementary backstroke arm drills Elementary backstroke coordination Jump into deep water, surface, rotate one turn, and swim front crawl to side Headfirst entry from the side in a sitting position
<p>Game</p> <ul style="list-style-type: none"> Red Ball, Green Ball 	<p>Game</p> <ul style="list-style-type: none"> Ultimate Ring-Around-the-Rosy 	<p>Game</p> <ul style="list-style-type: none"> Straw Hat Race 	<p>Game</p> <ul style="list-style-type: none"> Sharks and Minnows
<p>Equipment</p> <ul style="list-style-type: none"> Swim Lessons Achievement Booklets, as needed Level 3 newsletters Foam noodles Swim bar floats Kickboards Different colored balls Swim as a Pair Near a Lifeguard's Chair poster 	<p>Equipment</p> <ul style="list-style-type: none"> Water toys Foam noodles Swim bar floats Kickboards Think So You Don't Sink poster 	<p>Equipment</p> <ul style="list-style-type: none"> Water toys Foam noodles Swim bar floats Kickboards Straw hats Too Much Sun Is No Fun poster 	<p>Equipment</p> <ul style="list-style-type: none"> Foam noodles Swim bar floats Kickboards Look Before You Leap poster

SAMPLE BLOCK PLAN (Continued)

Day 5	Day 6	Day 7	Day 8
<p>Safety Topic</p> <ul style="list-style-type: none"> • Don't Just Pack It, Wear Your Jacket 	<p>Safety Topic</p> <ul style="list-style-type: none"> • Think Twice Before Going Near Cold Water or Ice 	<p>Safety Topic</p> <ul style="list-style-type: none"> • Reach or Throw, Don't Go—reaching assists 	<p>Safety Topic</p> <ul style="list-style-type: none"> • General water safety rules
<p>Review Skills</p> <ul style="list-style-type: none"> • Push off on front, begin flutter kicking and swim front crawl • Push off streamlined and then begin dolphin kicking • Push off on back and elementary backstroke 	<p>Review Skills</p> <ul style="list-style-type: none"> • Push off streamlined, then dolphin kicking • Push off on front, flutter kicking and rotary breathing with kickboard • Push off on front streamlined, flutter kicking and swim front crawl with rotary breathing • Push off on back, swim elementary back stroke, recover to standing position or treading water • Push off on side, scissors kicking using kickboard • Headfirst entry from side from kneeling position • Swim front crawl, tread water using arm actions and modified scissors, breaststroke or rotary kicks 	<p>Review Skills</p> <ul style="list-style-type: none"> • Push off on front streamlined, begin flutter kicking and swim front crawl • Push off streamlined then begin dolphin kicking, roll to back, float and recover • Push off on back then elementary backstroke • Push off on side, scissors kicking with kickboard 	<p>Review Skills</p> <ul style="list-style-type: none"> • Review all skills
<p>New Skills</p> <ul style="list-style-type: none"> • Scissors kick • Scissors kick using kickboard • Breaststroke kick drills • Tread water using arms and different kicks using foam noodles for support • Headfirst entry from the side from a kneeling position 	<p>New Skills</p> <ul style="list-style-type: none"> • Jump into deep water, level off and float on back • Breaststroke kick drills with kickboard • Enter water wearing life jacket • HELP position • Huddle position 	<p>New Skills</p> <ul style="list-style-type: none"> • Push off streamlined, then begin breaststroke kicking, recover to vertical position • Practice exit skills 	<p>New Skills</p> <ul style="list-style-type: none"> • Exit skills assessment
<p>Game</p> <ul style="list-style-type: none"> • Red Ball, Green Ball 	<p>Game</p> <ul style="list-style-type: none"> • Simon Says 	<p>Game</p> <ul style="list-style-type: none"> • Floating Beach Balls 	<p>Game</p> <ul style="list-style-type: none"> • Aquatic Steeplechase
<p>Equipment</p> <ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Kickboards • Don't Just Pack It, Wear Your Jacket poster 	<p>Equipment</p> <ul style="list-style-type: none"> • Foam noodles • Swim bar floats • Kickboards • Think Twice Before Going Near Cold Water or Ice poster 	<p>Equipment</p> <ul style="list-style-type: none"> • Reaching equipment • Swim bar floats • Kickboards • Beach balls • Reach or Throw, Don't Go poster 	<p>Equipment</p> <ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Kickboards • Completion cards • Rewards for participants

SAMPLE LESSON PLANS



Learn-to-Swim Level 3—Stroke Development

Instructor: Wilbert E. Longfellow
Location: Municipal Family Aquatic Center
Total Number of Classes: 8

Session Begin Date: June 15
Session End Date: June 30
Length of Classes: 45 minutes

Day 1

Equipment		Reminders	
<ul style="list-style-type: none"> Swim Lessons Achievement Booklets Level 3 newsletters Foam noodles Swim bar floats Kickboards Different colored balls Swim As a Pair Near a Lifeguard's Chair poster 		<ul style="list-style-type: none"> Distribute one <i>Swim Lessons Achievement Booklet</i> to each participant, as needed. Distribute newsletters to participants and/or their parents. Review "Teaching Activities, Drills and Games" on Instructor's Corner. Review Red Ball, Green Ball for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
5 minutes	<ul style="list-style-type: none"> Greet participants and parents, introductions Attendance Announcements Policies and procedures 		<ul style="list-style-type: none"> Circle, on deck
Safety Topic			
4 minutes	<ul style="list-style-type: none"> Swim As a Pair Near a Lifeguard's Chair 		<ul style="list-style-type: none"> Circle, on deck
Review Skills			
10 minutes	<ul style="list-style-type: none"> Exit skills assessment Level 2 	<ul style="list-style-type: none"> "Show me your swimming skills" 	<ul style="list-style-type: none"> Wave
6 minutes	<ul style="list-style-type: none"> Front crawl <ul style="list-style-type: none"> Arm stroke drills Kicking drills 	<ul style="list-style-type: none"> "Long arms" "Motorboat kicks" 	<ul style="list-style-type: none"> Line, stagger or wave
New Skills			
2 minutes	<ul style="list-style-type: none"> Bob (15 times) in chest-deep water 	<ul style="list-style-type: none"> "Take a breath and hold it" "Blow bubbles and hum as you come up" "Sweep arms down" "Push off of the bottom with your feet" "Hop up and down" 	<ul style="list-style-type: none"> Line away from wall
5 minutes	<ul style="list-style-type: none"> Flutter kick with rhythmic breathing (head up or to the side) 	<ul style="list-style-type: none"> "Kick, kick, kick" "Blow bubbles and hum, lift to take a breath, breathe, head back down and hum again" 	<ul style="list-style-type: none"> Bracketed on wall

Day 1 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
5 minutes	<ul style="list-style-type: none"> • Push off on front then begin flutter kicking with kick board (15 yards) 	<ul style="list-style-type: none"> • “Kick, kick, kick” • “Blow bubbles and hum, lift to take a breath, breathe, head back down and hum again” 	<ul style="list-style-type: none"> • Two lines
2 minutes	<ul style="list-style-type: none"> • Tread water using arm and leg actions (60 seconds) 	<ul style="list-style-type: none"> • “Hands back and forth” • “Soft and easy” 	<ul style="list-style-type: none"> • Semi-circle
Game			
4 minutes	<ul style="list-style-type: none"> • Red Ball, Green Ball 		<ul style="list-style-type: none"> • Line
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 	<ul style="list-style-type: none"> • “Good job” • “Safe” • “Great job, you all are great swimmers” 	<ul style="list-style-type: none"> • Circle, seated on deck

Day 2

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Kickboards • Think So You Don't Sink poster 		<ul style="list-style-type: none"> • Review "Teaching Activities, Drills and Games" on Instructor's Corner. • Review Ultimate Ring Around the Rosie for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Think So You Don't Sink 	<ul style="list-style-type: none"> • "Think—what should you do?" 	<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
2 minutes	<ul style="list-style-type: none"> • Bobs while moving toward safety (15 times) 	<ul style="list-style-type: none"> • "Hop away" 	<ul style="list-style-type: none"> • Line, several feet from wall
1 minute	<ul style="list-style-type: none"> • Jellyfish float (10 seconds) 	<ul style="list-style-type: none"> • "Relax and dangle" 	<ul style="list-style-type: none"> • Semi-circle
8 minutes	<ul style="list-style-type: none"> • Front crawl stroke drills 	<ul style="list-style-type: none"> • "Arms out of the water" • "Pull the water" 	<ul style="list-style-type: none"> • Wave
New Skills			
5 minutes	<ul style="list-style-type: none"> • Push off on front then flutter kick and perform rhythmic breathing using kickboard (15 yards) 	<ul style="list-style-type: none"> • "Take a breath then push off, glide and kick, kick, kick" • "Blow bubbles and hum, breathe, head back down and hum again" 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Push off in a streamlined position on front and begin flutter kicking (3 to 5 body lengths) 	<ul style="list-style-type: none"> • "Stay long" • "Kick and hum" 	<ul style="list-style-type: none"> • Wave
5 minutes	<ul style="list-style-type: none"> • Survival float <ul style="list-style-type: none"> ○ Explain and demonstrate ○ Practice 	<ul style="list-style-type: none"> • "Relax" • "Blow bubbles, sweep down with the arms and kick" • "Breathe, head back down and hum a slow tune" 	<ul style="list-style-type: none"> • Line on deck; then semi-circle in water
5 minutes	<ul style="list-style-type: none"> • Jump into deep water from side, return to surface then swim back to wall 	<ul style="list-style-type: none"> • "Take a breath and hold it" • "Blow bubbles and hum on the way up" • "Sweep down with the arms and kick up" 	<ul style="list-style-type: none"> • Line, stagger or wave
4 minutes	<ul style="list-style-type: none"> • Tread water (60 seconds) then move into a back float (60 seconds) 	<ul style="list-style-type: none"> • "Out and in with arms and hands" • "Kick to stay up" • "Head back, tummy up" • "Relax" 	<ul style="list-style-type: none"> • Semi-circle

Day 2 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Game			
4 minutes	<ul style="list-style-type: none">• Ultimate Ring Around the Rosie		<ul style="list-style-type: none">• Circle
Closing			
2 minutes	<ul style="list-style-type: none">• Thank participants for their good work• Offer positive reinforcement of what they did well• Review lesson• Encourage participants to practice skills outside of class	<ul style="list-style-type: none">• “Good job, you are swimming far”• “Wow, great treading water today!”	<ul style="list-style-type: none">• Circle

Day 3

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Kickboards • Straw hats • Too Much Sun Is No Fun poster 		<ul style="list-style-type: none"> • Review “Teaching Activities, Drills and Games” on Instructor’s Corner. • Review Straw Hat Race for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		<ul style="list-style-type: none"> • Circle, seated on deck
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • “Ouch” • “Where do you get too much sun?” 	<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
4 minutes	<ul style="list-style-type: none"> • Jump into deep water from side, return to surface, move onto back and float (30 seconds) 	<ul style="list-style-type: none"> • “Jump in” • “Level off” • “Back float” • “Count to 30” 	<ul style="list-style-type: none"> • Line on deck, stagger
4 minutes	<ul style="list-style-type: none"> • Push off in streamlined position, begin flutter kicking (3 to 5 body lengths) then swim front crawl (25 yards) 	<ul style="list-style-type: none"> • “Arms out, bend elbows” • “Soft kick near the surface” 	
New Skills			
5 minutes	<ul style="list-style-type: none"> • Push off and glide on front in deep water then move to a vertical position and tread water (30 seconds) 	<ul style="list-style-type: none"> • “Glide” • “Tread and count to 30” 	<ul style="list-style-type: none"> • Line, stagger
5 minutes	<ul style="list-style-type: none"> • Elementary backstroke kick drills <ul style="list-style-type: none"> ○ Explain and demonstrate ○ Practice 	<ul style="list-style-type: none"> • “Bend knees, drop heels” • “Flex feet” • “Kick around and together” • “Glide” 	<ul style="list-style-type: none"> • Line, seated at pool edge, legs hanging over water
5 minutes	<ul style="list-style-type: none"> • Push off on back and begin elementary backstroke kick holding kickboard, recover to vertical position (assist as needed) 	<ul style="list-style-type: none"> • “Head back, ears in the water” • “Squeeze the board against your tummy” • “Drop the heels, circle out, squeeze together straight and glide” 	<ul style="list-style-type: none"> • Line, stagger
4 minutes	<ul style="list-style-type: none"> • Dolphin kick drills 	<ul style="list-style-type: none"> • “Legs together” • “Move your hips up and down” 	<ul style="list-style-type: none"> • Bracketed on wall
6 minutes	<ul style="list-style-type: none"> • Push off on front in streamlined position then begin dolphin kicking 	<ul style="list-style-type: none"> • “Take a breath, face-down” • “Legs together like a dolphin tail” • “Move your hips up and down” 	<ul style="list-style-type: none"> • Line, stagger

Day 3 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Game			
4 minutes	<ul style="list-style-type: none">• Straw Hat Race		
Closing			
2 minutes	<ul style="list-style-type: none">• Thank participants for their hard work• Offer positive reinforcement of what they did well• Review lesson• Encourage participants to practice outside of class	<ul style="list-style-type: none">• “Great butterfly kick”	<ul style="list-style-type: none">• Circle

Day 4

Equipment		Reminders	
<ul style="list-style-type: none"> • Foam noodles • Swim bar floats • Kickboards • Look Before You Leap poster 		<ul style="list-style-type: none"> • If water depth is not at least 9 feet, instructors SHOULD NOT teach headfirst entries. • Keep an eye out for any participant who is able to qualify for a badge. • Review “Teaching Activities, Drills and Games” on Instructor’s Corner. • Review Sharks and Minnows for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		<ul style="list-style-type: none"> • Circle, seated on deck
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Look Before You Leap 		<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
3 minutes	<ul style="list-style-type: none"> • Push off on front then begin flutter kicking and rhythmic breathing with kickboard 	<ul style="list-style-type: none"> • “Take a breath then push off, glide and kick, kick, kick” • “Blow bubbles and hum, breathe and head back down” 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Push off on back then begin elementary backstroke kicking using kickboard (15 yards) 	<ul style="list-style-type: none"> • “Head back, ears in the water” • “Squeeze the board against your tummy” • “Keep feet just below the surface” • “Drop the heels, circle out, squeeze together straight and glide” 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Push off on front in a streamlined position then begin dolphin kicking (3 body lengths) 	<ul style="list-style-type: none"> • “Take a breath then face-down” • “Legs together, bend your knees and kick down” • “Move your hips up and down” 	<ul style="list-style-type: none"> • Wave
New Skills			
3 minutes	<ul style="list-style-type: none"> • Rotary breathing while bracketing the wall, feet on the bottom 	<ul style="list-style-type: none"> • “Blow bubbles and hum then turn your head, keep the side of your head (one ear) in the water, take a breath and face back down and hum again” 	<ul style="list-style-type: none"> • Line
3 minutes	<ul style="list-style-type: none"> • Rotary breathing while bracketing the wall, horizontal position 	<ul style="list-style-type: none"> • “Blow bubbles and hum, then roll your body, turn your head, keep the side of your head (one ear) in the water, take a breath, face back down and hum again” • “Kick, kick, kick” 	<ul style="list-style-type: none"> • Line

Day 4 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
4 minutes	<ul style="list-style-type: none"> • Push off in streamlined position then begin flutter kicking, then swim front crawl with rotary breathing 	<ul style="list-style-type: none"> • “Take a breath, head down then glide, kick and add the arms and breathe when needed” • “Pull and breathe then head back down” • “Arms out, bend elbows” 	<ul style="list-style-type: none"> • Stagger
3 minutes	<ul style="list-style-type: none"> • Elementary backstroke arm drills on land or in water 	<ul style="list-style-type: none"> • “Up, out, together, glide” • “Monkey, airplane, rocket” 	<ul style="list-style-type: none"> • Line
5 minutes	<ul style="list-style-type: none"> • Elementary backstroke—coordination 	<ul style="list-style-type: none"> • “Monkey, airplane, rocket” • “Tummy up, head back” • “Up, out, together, glide” 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Jump into deep water, surface, rotate one turn and swim front crawl to side 	<ul style="list-style-type: none"> • “Come up, take a breath, rotate one turn then head down and swim to the side” 	<ul style="list-style-type: none"> • Line, stagger
4 minutes	<ul style="list-style-type: none"> • Headfirst entry from the side in a sitting position 	<ul style="list-style-type: none"> • “Head down, arms over the ears and fall in” • “Push when you feel yourself falling” • “Steer up” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Sharks and Minnows 		<ul style="list-style-type: none"> • Two lines
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Encourage participants to practice outside of class 	<ul style="list-style-type: none"> • “Effort” • “Good job” • “Safe” • “Great job getting a breath while swimming” 	<ul style="list-style-type: none"> • Circle

Day 5

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Kickboards • Don't Just Pack It, Wear Your Jacket poster 		<ul style="list-style-type: none"> • Review "Teaching Activities, Drills and Games" on Instructor's Corner. • Review Red Ball, Green Ball for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		<ul style="list-style-type: none"> • Circle, seated on deck
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Don't Just Pack It, Wear Your Jacket 		<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
3 minutes	<ul style="list-style-type: none"> • Push off on front in streamlined position then begin flutter kicking and swim front crawl with rotary breathing (25 yards) 	<ul style="list-style-type: none"> • "Push off, glide and kick, kick, kick" • "Blow bubbles and hum, breathe, head back down and hum again" 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Push off in streamlined position then begin dolphin kicking (3 to 5 body lengths) 	<ul style="list-style-type: none"> • "Face-down" • "Legs together" • "Bend your knees and kick down" • "Straight legs up" • "Move your hips up and down" 	<ul style="list-style-type: none"> • Wave
7 minutes	<ul style="list-style-type: none"> • Push off on back then begin elementary backstroke (15 yards) 	<ul style="list-style-type: none"> • "Head back, ears in the water" • "Squeeze the board against your tummy" • "Up, out, together, glide" • "Flex your feet" 	<ul style="list-style-type: none"> • Wave
New Skills			
4 minutes	<ul style="list-style-type: none"> • Scissors kick 	<ul style="list-style-type: none"> • "Up, out, squeeze together, straight and glide" 	<ul style="list-style-type: none"> • Line, bracketed on wall
4 minutes	<ul style="list-style-type: none"> • Scissors kick using a kickboard 	<ul style="list-style-type: none"> • "Ear on the shoulder" • "Bottom arm straight and top arm on the side" • "Stay on your side, ear in the water" • "Up, out, squeeze together, straight and glide" 	<ul style="list-style-type: none"> • Stagger
4 minutes	<ul style="list-style-type: none"> • Breaststroke kick drills 	<ul style="list-style-type: none"> • "Bend and drop knees" • "Flex feet" • "Kick out and together" 	<ul style="list-style-type: none"> • Bracketed on wall
4 minutes	<ul style="list-style-type: none"> • Tread water using arms and different kicks using foam noodles for support <ul style="list-style-type: none"> ○ Scissors ○ Breaststroke ○ Rotary kick 	<ul style="list-style-type: none"> • "Count to 30" 	<ul style="list-style-type: none"> • Circle

Day 5 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
4 minutes	<ul style="list-style-type: none"> • Headfirst entry from the side from a kneeling position 	<ul style="list-style-type: none"> • “Head down, arms over the ears and fall in” • “Push when you feel yourself falling” • “Steer up” 	<ul style="list-style-type: none"> • Line, stagger
Game			
4 minutes	<ul style="list-style-type: none"> • Red Ball, Green Ball 		
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Encourage participants to practice outside of class 	<ul style="list-style-type: none"> • “Effort” • “Good job” • “Safe” 	<ul style="list-style-type: none"> • Circle

Day 6

Equipment		Reminders	
<ul style="list-style-type: none"> • Foam noodles • Swim bar floats • Kickboards • Think Twice Before Going Near Cold Water or Ice poster 		<ul style="list-style-type: none"> • If water depth is not at least 9 feet, instructors SHOULD NOT teach headfirst entries. • Review “Teaching Activities, Drills and Games” on Instructor’s Corner. • Review Simon Says for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Think Twice Before Going Near Cold Water or Ice 	<ul style="list-style-type: none"> • “Where is there ice?” 	<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
3 minutes	<ul style="list-style-type: none"> • Push off in streamlined position then begin dolphin kicking (3 to 5 body lengths) 	<ul style="list-style-type: none"> • “Face-down” • “Legs together” • “Move your hips up and down” • “Bend your knees and kick down” • “Straight legs to kick up” 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Push off on front then begin flutter kicking and rotary breathing using kickboard 	<ul style="list-style-type: none"> • “Push off, glide and kick, kick, kick” • “Blow bubbles and hum, breathe, head back down and hum again” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Push off on front in a streamlined position then begin flutter kicking (3 to 5 body lengths) then swim front crawl with rotary breathing (25 yards) 	<ul style="list-style-type: none"> • “Head down then glide, kick and add the arms and breathe when needed” • “Pull and breathe then head back down” • “Arms out, elbows up • “Reach long” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Push off on back then swim elementary backstroke (15 yards) then recover to a vertical position to either stand or tread water as needed 	<ul style="list-style-type: none"> • “Head back, ears in the water” • “Squeeze the board against your tummy” • “Keep feet just below the surface” • “Bend, out together, straight and glide” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Push off on side and practice scissors kicking using a kickboard 	<ul style="list-style-type: none"> • “Ear on the shoulder” • “Bottom arm straight and top arm on the side” • “Stay on your side, ears in the water” • “Up, out together, straight and glide” 	<ul style="list-style-type: none"> • Line, stagger
4 minutes	<ul style="list-style-type: none"> • Headfirst entry from the side from a kneeling position 	<ul style="list-style-type: none"> • “Head down, arms over the ears and fall in” • “Push when you feel yourself falling” • “Steer up” 	<ul style="list-style-type: none"> • Line, stagger

Day 6 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Review Skills (continued)			
3 minutes	<ul style="list-style-type: none"> Swim front crawl (15 yards) and then tread water (60 seconds) using arm actions and modified scissors, breaststroke or rotary kicks 	<ul style="list-style-type: none"> “Keep your head above water” “Relax, sweep out and down then sweep in with the arms” “Count to ___” 	<ul style="list-style-type: none"> Circle
New Skills			
3 minutes	<ul style="list-style-type: none"> Jump into deep water level off and float on back (30 seconds) 	<ul style="list-style-type: none"> “Come up, then lean back and relax” “Count to 30” 	<ul style="list-style-type: none"> Stagger, circle
4 minutes	<ul style="list-style-type: none"> Breaststroke kick drills using kickboard 	<ul style="list-style-type: none"> “Bend knees” “Flex” “Kick out and around” 	<ul style="list-style-type: none"> Stagger
2 minutes	<ul style="list-style-type: none"> Enter water while wearing a life jacket 	<ul style="list-style-type: none"> “Jump in, relax and float” 	<ul style="list-style-type: none"> Line, circle
1 minute	<ul style="list-style-type: none"> HELP Position 	<ul style="list-style-type: none"> “Pull the knees up” “Keep your head up” 	<ul style="list-style-type: none"> Circle
2 minutes	<ul style="list-style-type: none"> Huddle Position 	<ul style="list-style-type: none"> “Huddle together” 	<ul style="list-style-type: none"> Circle, in water
Game			
4 minutes	<ul style="list-style-type: none"> Simon Says 		<ul style="list-style-type: none"> Circle, in water
Closing			
1 minute	<ul style="list-style-type: none"> Thank participants for their attention and participation Offer positive reinforcement of what they did well Review lesson Encourage participants to practice outside of class 	<ul style="list-style-type: none"> “Effort” “Good job” “Safe” “You are swimming so great” 	<ul style="list-style-type: none"> Circle, seated on deck

Day 7

Equipment		Reminders	
<ul style="list-style-type: none"> Reaching equipment, such as reaching poles, towels, foam noodles and rescue tubes Swim bar floats Kickboards Beach balls Reach or Throw, Don't Go poster 		<ul style="list-style-type: none"> Prepare completion cards to the extent possible. Consider who qualifies to test for a badge, especially for any participants who may not pass the level. Review "Teaching Activities, Drills and Games" on Instructor's Corner. Review Floating Beach Balls for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> Attendance 		
Safety Topic			
8 minutes	<ul style="list-style-type: none"> Reach or Throw, Don't Go—Reaching assists 	<ul style="list-style-type: none"> "Brace yourself" "Talk loudly to the victim and tell him or her what to do" 	<ul style="list-style-type: none"> Circle, seated on deck Line, stagger or wave (depending on amount of equipment)
Review Skills			
5 minutes	<ul style="list-style-type: none"> Push off on front in streamlined position then begin flutter kicking and swim front crawl (25 yards) 	<ul style="list-style-type: none"> "Head down, push off and glide" "Start kicking" "Add the arms" "Breathe when needed" 	<ul style="list-style-type: none"> Line, wave
5 minutes	<ul style="list-style-type: none"> Push off in streamlined position then begin dolphin kicking (3 to 5 body lengths) then roll to back and float (60 seconds) then recover 	<ul style="list-style-type: none"> "One deep breath, head down, push off and glide" "Start kicking" "Roll to back and float" "Count to 30" "Head up, feet down" 	<ul style="list-style-type: none"> Line, wave
4 minutes	<ul style="list-style-type: none"> Push off on back then begin elementary backstroke (15 yards) 	<ul style="list-style-type: none"> "Head back, ears in the water" "Arms and legs together" 	<ul style="list-style-type: none"> Line, wave
3 minutes	<ul style="list-style-type: none"> Push off on side and practice scissors kicking with kickboard 	<ul style="list-style-type: none"> "Ear on the shoulder" "Bottom arm straight and top arm on the side" "Stay on your side" "Up, out, squeeze together, straight and glide" 	<ul style="list-style-type: none"> Line, wave
New Skills			
5 minutes	<ul style="list-style-type: none"> Push off in streamlined position then begin breaststroke kicking (3 body lengths) then recover to vertical position 	<ul style="list-style-type: none"> "Head down, push off and glide" "Start kicking" "Head up, feet down and stand up" 	<ul style="list-style-type: none"> Line, wave
8 minutes	<ul style="list-style-type: none"> Practice exit skills 		<ul style="list-style-type: none"> Line, wave
Game			
4 minutes	<ul style="list-style-type: none"> Floating Beach Balls 		<ul style="list-style-type: none"> Circle

Day 7 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Closing			
1 minute	<ul style="list-style-type: none">• Thank participants for working so hard• Offer positive reinforcement of what they did well• Review lesson• Encourage participants to practice outside of class	<ul style="list-style-type: none">• “Effort”• “Good job”• “Safe”	<ul style="list-style-type: none">• Circle

Day 8

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Kickboards • Completion cards • Rewards for participants 		<ul style="list-style-type: none"> • Complete completion cards for presentation at the end of the lesson. • Ask participants for their achievement booklets for you to complete and sign. • Test participants for badges or award badges (participants may have completed some badge requirements and do not need a formal test). • Review “Teaching Activities, Drills and Games” on Instructor’s Corner. • Review Aquatic Steeplechase for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		
Safety Topic			
3 minutes	<ul style="list-style-type: none"> • General water safety rules 		<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
18 minutes	<ul style="list-style-type: none"> • Review all skills—see skills checklist 		<ul style="list-style-type: none"> • Line, wave
New Skills			
5 minutes	<ul style="list-style-type: none"> • Part 1 of exit skills assessment: Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 60 seconds, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water 	<ul style="list-style-type: none"> • “Take your time and remember what you have practiced all session long” 	<ul style="list-style-type: none"> • Line, stagger
5 minutes	<ul style="list-style-type: none"> • “Part 2 of exit skills assessment: Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.” 		
Game			
7 minutes	<ul style="list-style-type: none"> • Aquatic Steeplechase 		<ul style="list-style-type: none"> • Stations, line
Closing			
5 minute	<ul style="list-style-type: none"> • Congratulate participants on their success and progress • Complete and sign any achievement booklets and distribute completion cards • Inform participants and their parents about what to sign up for in the next session 		<ul style="list-style-type: none"> • Circle