



**American
Red Cross**

SAMPLE BLOCK AND LESSON PLANS

Learn-to-Swim Level 1—Introduction to Water Skills

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, Longfellow's WHALE Tales K–6 Educational Packet, Instructor's Corner*

Learn-to-Swim Level 1—Introduction to Water Skills

Day 1	Day 2	Day 3	Day 4
<p>Safety Topic</p> <ul style="list-style-type: none"> Staying safe around water 	<p>Safety Topic</p> <ul style="list-style-type: none"> Recognizing the lifeguard 	<p>Safety Topic</p> <ul style="list-style-type: none"> Recognizing an emergency 	<p>Safety Topic</p> <ul style="list-style-type: none"> Don't Just Pack It, Wear Your Jacket
<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> Explain the concept of swimming as a pair Make partner pairs 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> Enter and exit the water safely using ramp, ladder, steps or side Blow away Ping-Pong balls with bubbles Submerge to eyes Explain proper use of kickboard Explain proper use of swim bar float Back glide with swim bar float and recover 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> Enter water safely using ramp, steps or side Blow bubbles Pick up submerged objects Bobs Front glide and recover with support Back glide with assistance Back float and recover with assistance Alternating arm and leg action on front with assistance Alternating arm and leg action on back with assistance 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> Open eyes underwater and retrieve submerged objects Back float with assistance Swim on front with assistance (alternating arm and leg action) Swim on back with assistance (alternating arm and leg action) Swim on back with assistance (simultaneous arm and leg action) Swim on front with assistance (simultaneous arm and leg action) Swim on back with assistance (simultaneous arm and leg action)
<p>New Skills</p> <ul style="list-style-type: none"> Enter and exit the water safely using ramp, ladder, steps or side Explore designated lesson area Blowing bubbles Submerge to mouth and nose Front glide with support Recover from front glide to vertical position Back glide with assistance 	<p>New Skills</p> <ul style="list-style-type: none"> Pick up submerged objects Back float with swim bar float then recover Alternating leg action on front with support Alternating arm action on front with support Alternating leg action on back with support Alternating arm action on back with support 	<p>New Skills</p> <ul style="list-style-type: none"> Simultaneous arm action on front with assistance Simultaneous leg action on front with assistance Simultaneous arm action on back with assistance Simultaneous leg action on back with assistance 	<p>New Skills</p> <ul style="list-style-type: none"> Combined arm and leg actions on front with assistance Swim wearing a life jacket Float on back
<p>Game</p> <ul style="list-style-type: none"> Blow the Cork 	<p>Game</p> <ul style="list-style-type: none"> Mike's Ball Game 	<p>Game</p> <ul style="list-style-type: none"> Sharks and Minnows 	<p>Game</p> <ul style="list-style-type: none"> Hot Ball
<p>Equipment</p> <ul style="list-style-type: none"> Swim Lessons Achievement Booklets, as needed Level 1 newsletters Ping-Pong or different colored balls Corks and other small floating objects 	<p>Equipment</p> <ul style="list-style-type: none"> Kickboards Swim bar floats Ping-Pong or different colored balls Hoops Submersible water toys 	<p>Equipment</p> <ul style="list-style-type: none"> Kickboards or other flotation devices Swim bar floats Hoops Submersible water toys 	<p>Equipment</p> <ul style="list-style-type: none"> Kickboards or other flotation devices Hoops Submersible water toys Beach ball U.S. Coast Guard-approved life jackets (correct sizes for the participants) Don't Just Pack It, Wear Your Jacket poster

SAMPLE BLOCK PLAN *(Continued)*

Day 5	Day 6	Day 7	Day 8
Safety Topic <ul style="list-style-type: none"> How to call for help 	Safety Topic <ul style="list-style-type: none"> How to call for help 	Safety Topic <ul style="list-style-type: none"> Too Much Sun Is No Fun 	Safety Topic <ul style="list-style-type: none"> General water safety rules
Opening Activity/ Review Skills <ul style="list-style-type: none"> Enter water using ramp, steps or side Blow bubbles Bobs Front glide and recover with support Back glide and recover with assistance 	Opening Activity/ Review Skills <ul style="list-style-type: none"> Enter the water using ramp, steps or side and travel Blow bubbles Pick up submerged objects Bobs away from wall Front glide and recover independently 	Opening Activity/ Review Skills <ul style="list-style-type: none"> Enter water using ramp, steps or side, travel while blowing bubbles Open eyes under water and pick up submerged objects Bobs 	Opening Activity/ Review Skills <ul style="list-style-type: none"> Review exit skills—see Day 7
<ul style="list-style-type: none"> Arm and leg actions on front with assistance (simultaneous) Combined arm and leg actions on front with assistance Arm and leg actions on back (simultaneous) 	<ul style="list-style-type: none"> Back glide and recover with assistance Back float and recover independently Arm and leg actions on front and back with assistance (alternating) Combined arm and leg actions on front with assistance Arm and leg actions on back (simultaneous) 	<ul style="list-style-type: none"> Front glide, face in water, independently and recover with support Back glide independently and recover with assistance Arm and leg actions on front and back with assistance (alternating) Arm and leg actions on front and back with assistance (simultaneous) Combined arm and leg actions on front, roll to back and back float with assistance Combined arm and leg actions on back, roll to front and swim combined arm and leg actions on front with assistance Treading—explore arm and hand movements Swim wearing a life jacket 	
New Skills <ul style="list-style-type: none"> Front glide, face in water independently Back float independently and recover with assistance Combined arm and leg actions on back with support 	New Skills <ul style="list-style-type: none"> Roll from front to back Roll from back to front Treading—explore arm and hand movements 	New Skills <ul style="list-style-type: none"> No new skills 	New Skills <ul style="list-style-type: none"> Exit skills assessment
Game <ul style="list-style-type: none"> Sharks and Minnows 	Game <ul style="list-style-type: none"> Red Ball, Green Ball 	Game <ul style="list-style-type: none"> Transformers 	Game <ul style="list-style-type: none"> Simon Says
Equipment <ul style="list-style-type: none"> Kickboards or other flotation devices Swim bar floats Hoops Submersible water toys 	Equipment <ul style="list-style-type: none"> Kickboards or other flotation devices Swim bar floats Water toys Different colored balls 	Equipment <ul style="list-style-type: none"> Kickboards or other flotation devices Swim bar floats Hoops Submersible water toys Large balls, kickboards or barbell Too Much Sun Is No Fun 	Equipment <ul style="list-style-type: none"> Completion cards Rewards for participants

SAMPLE LESSON PLANS



Learn-to-Swim Level 1—Introduction to Water Skills

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 1 newsletters Ping-Pong balls or different colored balls Corks or other small floating objects 		<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 “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. Review Blow the Cork for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
5 minutes	<ul style="list-style-type: none"> Introduce yourself and ask participants for their names Explain how to enter and exit pool Show designated lesson area 	<ul style="list-style-type: none"> “Safe” “No running” 	<ul style="list-style-type: none"> Circle, seated on deck
Safety Topic			
5 minutes	<ul style="list-style-type: none"> Staying safe around water 	<ul style="list-style-type: none"> “Safe” “No running” “Supervising or watching you” 	<ul style="list-style-type: none"> Circle, seated on deck
Opening Activity			
2 minutes	<ul style="list-style-type: none"> Explain the concept of swimming as a pair Make partner pairs 	<ul style="list-style-type: none"> “Partner” “Responsible” 	<ul style="list-style-type: none"> Circle, seated on deck
New Skills			
3 minutes	<ul style="list-style-type: none"> Enter the water safely using ramp, steps or side Exit the water using ladder, steps or side 	<ul style="list-style-type: none"> “Careful” “Safely” 	<ul style="list-style-type: none"> Two lines (partner pairs) then circle, in water
4 minutes	<ul style="list-style-type: none"> Explore designated lesson area (notice who seems comfortable and who seems fearful) 		

Day 1 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
3 minutes	Blowing bubbles 1. Take a breath and blow into the air 2. Pretend that your finger is a candle and blow it out 3. Blow a small ball (Ping-Pong ball) along surface of the water	<ul style="list-style-type: none"> • “Breathe or inhale” • “Blow bubbles or exhale” • “Blow out the candles” 	<ul style="list-style-type: none"> • Circle in water
2 minutes	<ul style="list-style-type: none"> • Submerge to mouth and nose (3 times) • Blow bubbles through the mouth and nose 	<ul style="list-style-type: none"> • “Blow bubbles or exhale” • “Hum” 	<ul style="list-style-type: none"> • Line, holding wall
3 minutes	<ul style="list-style-type: none"> • Front glide with support—demonstrate then practice 	<ul style="list-style-type: none"> • “Blast off like a rocket” • “Stretch long” 	<ul style="list-style-type: none"> • Line, seated on deck; then line with partner at the pool wall
5 minutes	<ul style="list-style-type: none"> • Recover to vertical position from front glide—demonstrate then practice 	<ul style="list-style-type: none"> • “Feet down” • “Stand up” 	<ul style="list-style-type: none"> • Line, seated on deck; then line with partner at the pool wall
5 minutes	<ul style="list-style-type: none"> • Back glide with assistance—demonstrate then practice 	<ul style="list-style-type: none"> • “Head back” • “Tummy up” 	<ul style="list-style-type: none"> • Line, seated on deck; then line with partner at the pool wall, stagger
Game			
5 minutes	<ul style="list-style-type: none"> • Blow the Cork 		<ul style="list-style-type: none"> • Two teams at opposite sides of swimming area
Closing			
3 minutes	<ul style="list-style-type: none"> • Thank participants for hard work and trying • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 	<ul style="list-style-type: none"> • “Effort” • “Good job” • “Safe” 	<ul style="list-style-type: none"> • Circle

Day 2

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards • Swim bar floats • Ping-Pong balls or different colored balls • Hoops • Submersible water toys • Rescue tube 		<ul style="list-style-type: none"> • Review Mike's Ball Game for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Take attendance • Assign partners 	<ul style="list-style-type: none"> • "Stay together" 	
Safety Topic			
5 minutes	<ul style="list-style-type: none"> • Recognizing the lifeguard 	<ul style="list-style-type: none"> • "Rescue tube" • "Supervised" • "Safe" • "Partner" • "Pair" • "Lifeguard chair" • "Uniform" • "Zone" 	<ul style="list-style-type: none"> • Circle, seated next to partner on deck
Review Skills			
2 minutes	<ul style="list-style-type: none"> • Enter the water safely using ramp, steps or side • Exit the water using ladder, steps or side 	<ul style="list-style-type: none"> • "Safely enter the pool" • "Careful" 	<ul style="list-style-type: none"> • Line on deck, with partner
2 minutes	<ul style="list-style-type: none"> • Blow away Ping-Pong balls with bubbles 	<ul style="list-style-type: none"> • "Blow away the dandelion" 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Submerge to eyes (3 times) 	<ul style="list-style-type: none"> • "Exhale" • "Inhale" • "Hum" 	<ul style="list-style-type: none"> • Line, holding pool wall
3 minutes	<ul style="list-style-type: none"> • Explain proper use of kickboard • Front glide with kickboard and recover 	<ul style="list-style-type: none"> • "Blow your bubbles when your face is in the water" • "Don't hold your breath" • "Soft kicks" 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Explain proper use of swim bar float • Back glide with swim bar float and recover 	<ul style="list-style-type: none"> • "Relax" • "Head back" 	<ul style="list-style-type: none"> • Line with partner, stagger
New Skills			
3 minutes	<ul style="list-style-type: none"> • Pick up submerged objects 	<ul style="list-style-type: none"> • "Open your eyes" • "Look for the toy" 	<ul style="list-style-type: none"> • Circle in water next to partner
5 minutes	<ul style="list-style-type: none"> • Back float with swim bar float then recover 	<ul style="list-style-type: none"> • "Head back" • "Tummy up" • "Sit your bottom down" 	<ul style="list-style-type: none"> • Line with partner, stagger
5 minutes	<ul style="list-style-type: none"> • Alternating leg action on front with support • Alternating arm action on front with support 	<ul style="list-style-type: none"> • "Soft kick, long legs" • "Long arms" • "Reach and pull" 	<ul style="list-style-type: none"> • Bracketed on wall • Line with partner, stagger
5 minutes	<ul style="list-style-type: none"> • Alternating leg action on back with support • Alternating arm action on back with support 	<ul style="list-style-type: none"> • "Soft kick, long legs" • "Reach back, push water to feet" 	<ul style="list-style-type: none"> • Line with partner, stagger

Day 2 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Game			
5 minutes	<ul style="list-style-type: none">• Mike's Ball Game		<ul style="list-style-type: none">• Circle next to partner
Closing			
3 minutes	<ul style="list-style-type: none">• Thank participants for trying hard• Offer positive reinforcement of what they did well• Review lesson• Ask them to tell you what their favorite thing was that they did today.• Announcements for next lesson	<ul style="list-style-type: none">• "Supervised"• "Safe"• "Great job"	<ul style="list-style-type: none">• Circle

Day 3

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards or other flotation devices • Swim bar floats • Hoops • Submersible water toys 		Review Sharks and Minnows for setup and directions.	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Take attendance • Assign partners 	<ul style="list-style-type: none"> • “Stay with your partner” 	
Safety Topic			
5 minutes	<ul style="list-style-type: none"> • Recognizing an emergency 	<ul style="list-style-type: none"> • “Supervised” • “Lifeguard” • “Know the way to get out” • “How deep is the water?” 	<ul style="list-style-type: none"> • Circle, seated next to partner on deck
Review Skills			
2 minutes	<ul style="list-style-type: none"> • Enter the water safely using ramp, steps or side • Exit the water using ladder, steps or side 	<ul style="list-style-type: none"> • “Careful” • “Safely” 	<ul style="list-style-type: none"> • Line
2 minutes	<ul style="list-style-type: none"> • Blow bubbles 	<ul style="list-style-type: none"> • “Exhale” • “Inhale” • “Make a sound like a motorboat” 	<ul style="list-style-type: none"> • Circle next to partner
2 minutes	<ul style="list-style-type: none"> • Pick up submerged objects 	<ul style="list-style-type: none"> • “Look for the rings” • “Hum” 	
3 minutes	<ul style="list-style-type: none"> • Bobs (3 times) 	<ul style="list-style-type: none"> • “Up and down” • “Hum” 	
2 minutes	<ul style="list-style-type: none"> • Front glide (2 body lengths) and recover with support—glide through the hoop 	<ul style="list-style-type: none"> • “Superman float right through the hoop” • “Stay long” 	<ul style="list-style-type: none"> • Line with partner, stagger
3 minutes	<ul style="list-style-type: none"> • Back glide (2 body lengths) with assistance • Back float (3 seconds) and recover with assistance 	<ul style="list-style-type: none"> • “Head back” • “Look at the sky” • “Stand up” 	<ul style="list-style-type: none"> • Line with partner, stagger • Line with partner, stagger
3 minutes	<ul style="list-style-type: none"> • Alternating arm and leg action on front with assistance 	<ul style="list-style-type: none"> • “Reach and pull” • “Kick, kick, kick” 	<ul style="list-style-type: none"> • Line with partner, stagger
3 minutes	<ul style="list-style-type: none"> • Alternating arm and leg action on back with assistance 	<ul style="list-style-type: none"> • “Reach back” • “Push water to feet” • “Motorboat kick” 	<ul style="list-style-type: none"> • Line with partner, stagger
New Skills			
5 minutes	<ul style="list-style-type: none"> • Simultaneous arm action on front with assistance • Simultaneous leg action on front with assistance 	<ul style="list-style-type: none"> • “Reach, glide, pull water back” • “Kick like a frog or kick like a dolphin” 	<ul style="list-style-type: none"> • Line with partner, stagger
5 minutes	<ul style="list-style-type: none"> • Simultaneous arm action on back • Simultaneous leg action on back 	<ul style="list-style-type: none"> • “Flap your wings” • “Kick like a frog or kick like a dolphin” 	<ul style="list-style-type: none"> • Line with partner, stagger

Day 3 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Game			
5 minutes	<ul style="list-style-type: none">• Sharks and Minnows		<ul style="list-style-type: none">• Two teams line up on designated line
Closing			
3 minutes	<ul style="list-style-type: none">• Thank participants for their attention and participation• Offer positive reinforcement• Review lesson• Announcements for next lesson	<ul style="list-style-type: none">• “Great job today”• “What was your favorite thing today?”• “You were swimming—good for you”	<ul style="list-style-type: none">• Circle

Day 4

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards or other flotation devices • Hoops • Submersible water toys • Beach ball • U.S. Coast Guard-approved life jackets (correct sizes for the participants) • Don't Just Pack It, Wear Your Jacket poster 		<ul style="list-style-type: none"> • Keep an eye out for any participant that is able to qualify for a badge. • Review Hot Ball for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Take attendance • Assign partners 	<ul style="list-style-type: none"> • "Stay together" 	
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Don't Just Pack It, Wear Your Jacket • All try on life jackets to find correct size 	<ul style="list-style-type: none"> • "What's your size?" 	<ul style="list-style-type: none"> • Circle, seated next to partner on deck
Review Skills			
2 minutes	<ul style="list-style-type: none"> • Open eyes under water and pick up submerged objects 	<ul style="list-style-type: none"> • "Open those eyes" • "Find all the toys" • "What do you see?" 	<ul style="list-style-type: none"> • Circle
4 minutes	<ul style="list-style-type: none"> • Back float (3 seconds) with assistance and recover 	<ul style="list-style-type: none"> • "Head back, look up at the clouds" • "Feet down" 	<ul style="list-style-type: none"> • Line in water
4 minutes	<ul style="list-style-type: none"> • Swim on front with assistance (alternating arm and leg action) 	<ul style="list-style-type: none"> • "Long, soft arms" • "Reach and pull" • "Soft motorboat kick" 	<ul style="list-style-type: none"> • Line with partner, stagger
4 minutes	<ul style="list-style-type: none"> • Swim on back with assistance (alternating arm and leg action) 	<ul style="list-style-type: none"> • "Reach back" • "Push water to feet" • "Soft motorboat kick" 	<ul style="list-style-type: none"> • Line with partner, stagger
4 minutes	<ul style="list-style-type: none"> • Swim on front with assistance (simultaneous arm and leg action) 	<ul style="list-style-type: none"> • "Reach long, glide, pull water back" • "Kick like a frog or kick like a dolphin" 	<ul style="list-style-type: none"> • Line with partner, stagger
3 minutes	<ul style="list-style-type: none"> • Swim on back with assistance (simultaneous arm and leg action) 		<ul style="list-style-type: none"> • Line with partner, stagger
New Skills			
5 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front with assistance 		<ul style="list-style-type: none"> • Line
7 minutes	<ul style="list-style-type: none"> • Swim wearing a life jacket <ul style="list-style-type: none"> ○ Help participants enter one at a time ○ Cue to roll over onto back and float ○ Cue to roll over onto front then return to wall ○ Jump in then return to wall using combined arm and leg actions on front • Float on back 	<ul style="list-style-type: none"> • "Relax" • "Roll over" • "Hug your jacket" • "Reach and pull" • "Head back and look at the clouds" 	<ul style="list-style-type: none"> • Move to deck; help participants put on life jacket, then line on pool edge next to partner

Day 4 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Game			
4 minutes	<ul style="list-style-type: none">• Hot Ball		<ul style="list-style-type: none">• Circle
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 being safe today!"	

Day 5

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards or other flotation devices • Swim bar floats • Hoops • Submersible water toys 		<ul style="list-style-type: none"> • Review Sharks and Minnows for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Take attendance • Assign partners 	<ul style="list-style-type: none"> • “Stay with your partner” 	
Safety Topic			
5 minutes	<ul style="list-style-type: none"> • How to call for help 	<ul style="list-style-type: none"> • “Don’t hang up” 	<ul style="list-style-type: none"> • Circle, seated next to partner on deck
Review Skills			
1 minute	<ul style="list-style-type: none"> • Enter the water safely using ramp, steps or side • Exit the water using ladder, steps or side 	<ul style="list-style-type: none"> • “In the water” 	<ul style="list-style-type: none"> • Line
1 minute	<ul style="list-style-type: none"> • Blow bubbles 	<ul style="list-style-type: none"> • “Let me hear those motorboats” • “Good bubbles” 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Bobs (at least 3 times) 	<ul style="list-style-type: none"> • “Up and down” • “Hum” 	<ul style="list-style-type: none"> • Line, holding pool wall
2 minutes	<ul style="list-style-type: none"> • Front glide (2 body lengths) and recover with support 	<ul style="list-style-type: none"> • “Stretch long” • “Glide” • “Stand up” 	<ul style="list-style-type: none"> • Line with partner, stagger
2 minutes	<ul style="list-style-type: none"> • Back glide (2 body lengths) and recover with assistance 	<ul style="list-style-type: none"> • “Head back” • “Ears in the water” • “Stand up” 	<ul style="list-style-type: none"> • Line with partner, stagger
3 minutes	<ul style="list-style-type: none"> • Simultaneous arm action on front with assistance • Simultaneous leg action on front with assistance 	<ul style="list-style-type: none"> • “Reach, glide, pull water back” • “Kick like a frog or kick like a dolphin” 	<ul style="list-style-type: none"> • Line with partner, stagger two at a time
3 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front with assistance 	<ul style="list-style-type: none"> • “Reach and pull” • “Long arms” • “Kick, kick” 	<ul style="list-style-type: none"> • Line with partner, stagger two at a time
3 minutes	<ul style="list-style-type: none"> • Simultaneous arm action on back • Simultaneous leg action on back 	<ul style="list-style-type: none"> • “Flap those wings” • “Push that water” • “Kick the water” 	<ul style="list-style-type: none"> • Line with partner, stagger two at a time
New Skills			
4 minutes	<ul style="list-style-type: none"> • Front glide, face in water (2 body lengths), independently 	<ul style="list-style-type: none"> • “Face in...look for the fish” • “Hum” • “Stretch long” 	<ul style="list-style-type: none"> • Line with partner, stagger
4 minutes	<ul style="list-style-type: none"> • Back float (at least 3 seconds) independently and recover with assistance 	<ul style="list-style-type: none"> • “Head back, chin up” • “Look at the clouds” • “Tummy up” • “Stand up” 	<ul style="list-style-type: none"> • Line with partner, stagger
5 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on back with support 	<ul style="list-style-type: none"> • “Reach, pull, kick” 	<ul style="list-style-type: none"> • Line with partner, stagger

Day 5 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Game			
5 minutes	<ul style="list-style-type: none">• Sharks and Minnows		<ul style="list-style-type: none">• Two lines
Closing			
3 minutes	<ul style="list-style-type: none">• Thank participants for their effort• Offer positive reinforcement of what they did well• Review lesson• Announcements for next lesson	<ul style="list-style-type: none">• “Fantastic swimming today”	<ul style="list-style-type: none">• Circle

Day 6

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards or other flotation devices • Swim bar floats • Different colored balls • Water toys 		<ul style="list-style-type: none"> • 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"> • Take attendance • Assign partners 		<ul style="list-style-type: none"> • Circle, on deck
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • How to call for help <ul style="list-style-type: none"> ○ Info call taker will ask ○ Pretend making call 	<ul style="list-style-type: none"> • “9-1-1 or emergency number” • “Icon” 	<ul style="list-style-type: none"> • Circle, on deck
Review Skills			
2 minutes	<ul style="list-style-type: none"> • Enter the water safely using ramp, steps or side • Travel (5 yards) in any manner • Exit the water using ladder, steps or side 	<ul style="list-style-type: none"> • “Safely” 	<ul style="list-style-type: none"> • Line on deck, then along pool wall
1 minute	<ul style="list-style-type: none"> • Blow bubbles 	<ul style="list-style-type: none"> • “Blow out those candles” 	<ul style="list-style-type: none"> • Circle, in water
1 minute	<ul style="list-style-type: none"> • Pick up submerged objects 	<ul style="list-style-type: none"> • “Talk to the fish” 	<ul style="list-style-type: none"> • Circle, in water
2 minutes	<ul style="list-style-type: none"> • Bobs away from wall (at least 3) 	<ul style="list-style-type: none"> • “Remember your bubbles” • “Let me hear you hum” 	<ul style="list-style-type: none"> • Line, just off pool wall
2 minutes	<ul style="list-style-type: none"> • Front glide (2 body lengths) and recover independently 	<ul style="list-style-type: none"> • “Superman” 	<ul style="list-style-type: none"> • Line with partner, stagger two at a time
2 minutes	<ul style="list-style-type: none"> • Back glide (2 body lengths) and recover with assistance 	<ul style="list-style-type: none"> • “Head back” • “Chin up” • “Stretch long” 	<ul style="list-style-type: none"> • Line with partner, stagger
2 minutes	<ul style="list-style-type: none"> • Back float (at least 3 seconds) and recover independently 	<ul style="list-style-type: none"> • “Big breath” • “Tummy up” • “Relax, take a nap” 	<ul style="list-style-type: none"> • Line with partner, stagger
2 minutes	<ul style="list-style-type: none"> • Alternating arm and leg action on front with assistance 	<ul style="list-style-type: none"> • “Reach long” • “Soft arms” • “Small kicks” 	<ul style="list-style-type: none"> • Line with partner, stagger
2 minutes	<ul style="list-style-type: none"> • Alternating arm and leg action on back with assistance 	<ul style="list-style-type: none"> • “Reach back” • “Push water to feet” • “Little kicks” 	<ul style="list-style-type: none"> • Line with partner, stagger
2 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front with assistance 	<ul style="list-style-type: none"> • “Reach and pull” • “Kick, kick, kick” 	<ul style="list-style-type: none"> • Line with partner, stagger
4 minutes	<ul style="list-style-type: none"> • Simultaneous arm and leg action on front 	<ul style="list-style-type: none"> • “Reach, glide, pull water back, kick, kick” 	<ul style="list-style-type: none"> • Line with partner, stagger
4 minutes	<ul style="list-style-type: none"> • Simultaneous arm and leg action on back 	<ul style="list-style-type: none"> • “Flap your wings” • “Kick like a frog” 	<ul style="list-style-type: none"> • Line with partner, stagger

Day 6 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills			
2 minutes	<ul style="list-style-type: none"> • Roll over from front to back 	<ul style="list-style-type: none"> • “Face in, glide” • “Look at the sky, tummy up” 	<ul style="list-style-type: none"> • Line with partner, stagger
2 minutes	<ul style="list-style-type: none"> • Roll over from back to front 	<ul style="list-style-type: none"> • “Look at the sky” • “Look at the fish (underwater)” 	<ul style="list-style-type: none"> • Line with partner, stagger
4 minutes	<ul style="list-style-type: none"> • Treading—explore arm and hand movements 	<ul style="list-style-type: none"> • “Rub the water back and forth” 	<ul style="list-style-type: none"> • Circle
Game			
4 minutes	<ul style="list-style-type: none"> • Red Ball, Green Ball 	<ul style="list-style-type: none"> • “Don’t throw the baton” 	<ul style="list-style-type: none"> • Line at pool wall
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for trying hard • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 	<ul style="list-style-type: none"> • “Nice job, you are swimming so well” 	<ul style="list-style-type: none"> • Circle

Day 7

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards or other flotation devices • Swim bar floats • Hoops • Submersible water toys • Large balls, kickboards or barbell • Too Much Sun Is No Fun 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 Transformers for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Take attendance • Assign partners 	<ul style="list-style-type: none"> • “Stay with your partner” 	<ul style="list-style-type: none"> • Circle, on deck
Safety Topic			
3 minutes	<ul style="list-style-type: none"> • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • “Burn” 	<ul style="list-style-type: none"> • Circle, seated next to partner on deck
Review Skills			
3 minutes	<ul style="list-style-type: none"> • Enter the water using ramp, steps or side • Travel (5 yards) and while blowing bubbles • Exit the water using ladder, steps or side 	<ul style="list-style-type: none"> • “Careful” • “Follow me” • “Blow away that dandelion” 	<ul style="list-style-type: none"> • Line, then along pool wall
1 minute	<ul style="list-style-type: none"> • Open eyes under water and pick up submerged objects 	<ul style="list-style-type: none"> • “Can you find them?” 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Bobs 	<ul style="list-style-type: none"> • “Face in—hum” • “Face out—breathe in” 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Front glide (2 body lengths), face in water, independently and recover with support 	<ul style="list-style-type: none"> • “Glide like Superman” • “Put your feet down and stand up” 	<ul style="list-style-type: none"> • Line with partner, stagger
2 minutes	<ul style="list-style-type: none"> • Back glide (2 body lengths) independently and recover with assistance 	<ul style="list-style-type: none"> • “Head back” • “Tummy up” • “Pull up a chair and put your feet down” 	<ul style="list-style-type: none"> • Line with partner, stagger
2 minutes	<ul style="list-style-type: none"> • Alternating arm and leg action on front with assistance 	<ul style="list-style-type: none"> • “Reach long” • “Soft arms” • “Small kicks” 	<ul style="list-style-type: none"> • Line with partner, stagger
2 minutes	<ul style="list-style-type: none"> • Alternating arm and leg action on back with assistance 	<ul style="list-style-type: none"> • “Reach back” • “Push water to feet” • “Little kicks” 	<ul style="list-style-type: none"> • Line with partner, stagger
2 minutes	<ul style="list-style-type: none"> • Simultaneous arm and leg action on front with assistance 	<ul style="list-style-type: none"> • “Reach, glide, pull water back, kick, kick” 	<ul style="list-style-type: none"> • Line with partner, stagger
2 minutes	<ul style="list-style-type: none"> • Simultaneous arm and leg action on back with assistance 	<ul style="list-style-type: none"> • “Flap your wings” • “Kick like a frog” 	<ul style="list-style-type: none"> • Line with partner, stagger
5 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front with assistance, roll over from front to back and back float (3 seconds) with assistance 	<ul style="list-style-type: none"> • “Swim out, roll over” • “Float” 	<ul style="list-style-type: none"> • Line with partner, stagger
5 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on back, roll over from back to front and swim combined arm and leg actions on front with assistance 	<ul style="list-style-type: none"> • “Swim on back” • “Roll over” • “Swim on front” 	<ul style="list-style-type: none"> • Line with partner, stagger

Day 7 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Review Skills (continued)			
2 minutes	<ul style="list-style-type: none"> • Treading—explore arm and hand movements 	<ul style="list-style-type: none"> • “Rub the water back and forth” 	<ul style="list-style-type: none"> • Circle
4 minutes	<ul style="list-style-type: none"> • Swim wearing a life jacket 	<ul style="list-style-type: none"> • “Relax” • “Swim soft” 	<ul style="list-style-type: none"> • Wave
Game			
4 minutes	<ul style="list-style-type: none"> • Transformers 		<ul style="list-style-type: none"> • Line, stagger
Closing			
3 minutes	<ul style="list-style-type: none"> • Thank participants for working hard • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 		<ul style="list-style-type: none"> • Circle

Day 8

Equipment		Reminders	
<ul style="list-style-type: none"> • 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 Simon Says for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Take attendance • Assign partners 	<ul style="list-style-type: none"> • “Stay together” 	<ul style="list-style-type: none"> • Circle, on deck
Safety Topic			
5 minutes	<ul style="list-style-type: none"> • General water safety rules 		<ul style="list-style-type: none"> • Line, stagger
Review Skills			
15 minutes	<ul style="list-style-type: none"> • Review exit skills—see Day 7 		<ul style="list-style-type: none"> • Line, stagger
New Skills			
8 minutes	<ul style="list-style-type: none"> • Part 1 of exit skills assessment: Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”) 		<ul style="list-style-type: none"> • Line, stagger
7 minutes	<ul style="list-style-type: none"> • Part 2 of exit skills assessment: Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This part of the assessment can be performed with assistance.) 		<ul style="list-style-type: none"> • Line, stagger
Game			
5 minutes	<ul style="list-style-type: none"> • Simon Says 		<ul style="list-style-type: none"> • Line at wall
Closing			
4 minutes	<ul style="list-style-type: none"> • Congratulate participants their on success and progress • Complete and sign 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