



**American
Red Cross**

SAMPLE BLOCK AND LESSON PLANS

Preschool Aquatics Level 2

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*

Preschool Aquatics Level 2

Day 1	Day 2	Day 3	Day 4
Safety Topic <ul style="list-style-type: none"> Staying safe around water 	Safety Topic <ul style="list-style-type: none"> Recognizing the lifeguards 	Safety Topic <ul style="list-style-type: none"> Don't Just Pack It, Wear Your Jacket 	Safety Topic <ul style="list-style-type: none"> Recognizing an emergency
Opening Activities/ Review Skills <ul style="list-style-type: none"> Wave (submerge fully and blow bubbles) Exit skills assessment Level 1 	Opening Activities/ Review Skills <ul style="list-style-type: none"> Ring Around the Rosie Enter water by stepping from the side Exit water using ladder, steps or side safely at the side Bobs Front glide with face in and recover independently Front float with support 	Opening Activities/ Review Skills <ul style="list-style-type: none"> "London Bridge" Open eyes underwater, pick up a submerged object Back glide and recover Back float 	Opening Activities/ Review Skills <ul style="list-style-type: none"> Washing Machine Front glide and recover Front float with support Combined arm and leg actions on front
New Skills <ul style="list-style-type: none"> Enter water by stepping from the side Exit water safely at the side Bobs Front glide with face in and recover independently Front float with support 	New Skills <ul style="list-style-type: none"> Open eyes underwater, pick up a submerged object Back glide and recover Back float 	New Skills <ul style="list-style-type: none"> Combined arm and leg actions on front 	New Skills <ul style="list-style-type: none"> Combined arm and leg actions on back
Game/Song <ul style="list-style-type: none"> Blow the Cork 	Game/Song <ul style="list-style-type: none"> Hot Ball 	Game/Song <ul style="list-style-type: none"> Treasure Hunt 	Game/Song <ul style="list-style-type: none"> "Hokey, Pokey"
Equipment <ul style="list-style-type: none"> <i>Swim Lessons Achievement Booklets</i>, as needed Preschool Aquatics Level 2 newsletters Ping-Pong or ball-pit balls Kickboards Foam noodles Swim bar floats 	Equipment <ul style="list-style-type: none"> Submersible water toys Kickboards Foam noodles Swim bar floats Beach ball 	Equipment <ul style="list-style-type: none"> Kickboards Foam noodles Swim bar floats Life jackets 	Equipment <ul style="list-style-type: none"> Kickboards Foam noodles Swim bar floats

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"> Too Much Sun Is No Fun 	Safety Topic <ul style="list-style-type: none"> Staying safe around water (review) 	Safety Topic <ul style="list-style-type: none"> Don't Just Pack It, Wear Your Jacket (review)
Opening Activity/ Review Skills <ul style="list-style-type: none"> Combined arm and leg actions on back 	Opening Activity/ Review Skills <ul style="list-style-type: none"> Teeter Totter Open eyes underwater and pick up submerged objects Front glide and recover Front float Combined arm and leg actions on front 	Opening Activity/ Review Skills <ul style="list-style-type: none"> Follow the Leader Combined arm and leg actions on back Treading water using arm and leg actions 	Opening Activity/ Review Skills <ul style="list-style-type: none"> Bounce across the swim lesson area and back while practicing rhythmic breathing Review all skills
New Skills <ul style="list-style-type: none"> Finning arm actions on back Roll from front to back Roll from back to front 	New Skills <ul style="list-style-type: none"> Treading water using arm and leg actions 	New Skills <ul style="list-style-type: none"> Practice exit skills assessment 	New Skills <ul style="list-style-type: none"> Exit skills assessment
Game/Song <ul style="list-style-type: none"> Sharks and Minnows 	Game/Song <ul style="list-style-type: none"> Simon Says 	Game/Song <ul style="list-style-type: none"> "Hokey Pokey" 	Game/Song <ul style="list-style-type: none"> Water Tag
Equipment <ul style="list-style-type: none"> Kickboards Swim bar floats Toy or nonworking telephone 	Equipment <ul style="list-style-type: none"> Submersible water toys Swim bar floats Foam noodles Kickboards Too Much Sun Is No Fun poster 	Equipment	Equipment <ul style="list-style-type: none"> Life jackets Achievement booklets Completion cards Rewards for participants Don't Just Pack It, Wear Your Jacket poster

SAMPLE LESSON PLANS



Preschool Aquatics Level 2

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: 30 minutes

Day 1

Equipment		Reminders	
<ul style="list-style-type: none"> Swim Lessons Achievement Booklets Preschool Aquatics Level 2 newsletters Ping-Pong or ball-pit balls Kickboards Foam noodles Swim bar floats 		<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. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
4 minutes	<ul style="list-style-type: none"> Introduce yourself and ask participants for their names Show designated lesson area Explain basic rules 	<ul style="list-style-type: none"> “Safe” “No running” 	<ul style="list-style-type: none"> Circle, seated on deck
Safety Topic			
3 minutes	<ul style="list-style-type: none"> Staying safe around water 		<ul style="list-style-type: none"> Circle, seated on deck
Opening Activity/Review Skills			
3 minutes	<ul style="list-style-type: none"> Wave (submerge fully and blow bubbles) 	<ul style="list-style-type: none"> “Hum” 	<ul style="list-style-type: none"> Circle in water
5 minutes	<ul style="list-style-type: none"> Exit skills assessment Level 1 	<ul style="list-style-type: none"> “Show me what you can do” 	<ul style="list-style-type: none"> Stagger
New Skills			
2 minutes	<ul style="list-style-type: none"> Enter water by stepping in from side Exit water using ladder, steps or side 	<ul style="list-style-type: none"> “Careful” 	<ul style="list-style-type: none"> Stagger
2 minutes	<ul style="list-style-type: none"> Bobs 	<ul style="list-style-type: none"> “Teeter totter” “Hum” 	<ul style="list-style-type: none"> Circle
3 minutes	<ul style="list-style-type: none"> Front glide and recover <ul style="list-style-type: none"> Independently, face in water 	<ul style="list-style-type: none"> “Superman, turtle, stand” 	<ul style="list-style-type: none"> Stagger
3 minutes	<ul style="list-style-type: none"> Front float <ul style="list-style-type: none"> With support 	<ul style="list-style-type: none"> “Relax, take a nap” 	<ul style="list-style-type: none"> Stagger

Day 1 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Game/Song			
3 minutes	<ul style="list-style-type: none">• Blow the Cork<ul style="list-style-type: none">○ Use Ping-Pong balls and have participants race to the side of the pool	<ul style="list-style-type: none">• “Fast”	<ul style="list-style-type: none">• Single line, in water, 10 feet away from the side of the pool
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">• “Great job today”	<ul style="list-style-type: none">• Circle

Day 2

Equipment		Reminders	
<ul style="list-style-type: none"> • Submersible water toys • Kickboards • Foam noodles • Swim bar floats • Beach ball 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Recognizing the lifeguards 	<ul style="list-style-type: none"> • “Lifeguard chair” • “Zone” • “Rescue tube” • “Uniform” 	<ul style="list-style-type: none"> • Circle, on deck
Opening Activity/Review Skills			
2 minutes	<ul style="list-style-type: none"> • Ring Around the Rosies <ul style="list-style-type: none"> ○ On “All fall down” have participant go straight down, then face-down 	<ul style="list-style-type: none"> • “Hum” 	<ul style="list-style-type: none"> • Circle in water
1 minute	<ul style="list-style-type: none"> • Enter water by stepping in from side • Exit water using ladder, steps or side 	<ul style="list-style-type: none"> • “Safe” 	
1 minute	<ul style="list-style-type: none"> • Bobs 	<ul style="list-style-type: none"> • “Teeter totter” 	
2 minutes	<ul style="list-style-type: none"> • Front glide and recover <ul style="list-style-type: none"> ○ Independently, face in water 	<ul style="list-style-type: none"> • “Superman, turtle, stand” 	
2 minutes	<ul style="list-style-type: none"> • Front float <ul style="list-style-type: none"> ○ With support 	<ul style="list-style-type: none"> • “Relax” • “Lie down” 	
New Skills			
3 minutes	<ul style="list-style-type: none"> • Pick up submerged objects—open eyes underwater 	<ul style="list-style-type: none"> • “Look for it” 	<ul style="list-style-type: none"> • Wave
5 minutes	<ul style="list-style-type: none"> • Back glide and recover 	<ul style="list-style-type: none"> • “Tummy up, look for the flags” • “Put your feet down” • “Stand up” 	<ul style="list-style-type: none"> • Stagger
4 minutes	<ul style="list-style-type: none"> • Back float 	<ul style="list-style-type: none"> • “Tummy up, chin up” • “Relax” 	<ul style="list-style-type: none"> • Stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Hot Ball 		<ul style="list-style-type: none"> • 2 teams
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"> • “Good job” 	<ul style="list-style-type: none"> • Circle

Day 3

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Life jackets 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		
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
Opening Activity/Review Skills			
5 minutes	<ul style="list-style-type: none"> • “London Bridge” 		<ul style="list-style-type: none"> • Circle in water
3 minutes	<ul style="list-style-type: none"> • Pick-up submerged objects—open eyes under water 	<ul style="list-style-type: none"> • “Look for the toy. Can you see it?” 	<ul style="list-style-type: none"> • Wave
4 minutes	<ul style="list-style-type: none"> • Back glide and recover 	<ul style="list-style-type: none"> • “Tummy up, look for the flags” 	<ul style="list-style-type: none"> • Stagger
3 minutes	<ul style="list-style-type: none"> • Back float 	<ul style="list-style-type: none"> • “Tummy up, chin up” 	<ul style="list-style-type: none"> • Stagger
New Skills			
5 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front 	<ul style="list-style-type: none"> • “Pull and kick” 	<ul style="list-style-type: none"> • Wave
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Treasure Hunt 		
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for good effort • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 		<ul style="list-style-type: none"> • Circle

Day 4

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats 		<ul style="list-style-type: none"> • Keep an eye out for any participant who is able to qualify for a badge. • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		<ul style="list-style-type: none"> • Circle
Safety Topic			
2 minutes	<ul style="list-style-type: none"> • Recognizing an emergency 		<ul style="list-style-type: none"> • Circle
Opening Activity/Review Skills			
2 minutes	<ul style="list-style-type: none"> • Washing Machine <ul style="list-style-type: none"> ○ On the “agitate cycle,” have participants move back and forth ○ On the “spin cycle” have participants quickly spin around then let go of the wall and float on backs 		<ul style="list-style-type: none"> • Circle in water
5 minutes	<ul style="list-style-type: none"> • Front glide and recover <ul style="list-style-type: none"> ○ Independently, face in water 	<ul style="list-style-type: none"> • “Superman, turtle, stand” • “Hum” 	
5 minutes	<ul style="list-style-type: none"> • Front float with support 	<ul style="list-style-type: none"> • “Relax” 	
5 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front 	<ul style="list-style-type: none"> • “Reach, pull” • “Kick” 	<ul style="list-style-type: none"> • Wave
New Skills			
5 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on back 	<ul style="list-style-type: none"> • “Gentle rain kicks” • “Reach and pull” 	<ul style="list-style-type: none"> • Stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> • “Hokey Pokey” 		<ul style="list-style-type: none"> • Circle in water
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"> • Circle

Day 5

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards • Swim bar floats • Toy or nonworking telephone 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		<ul style="list-style-type: none"> • Circle
Safety Topic/Review Skills			
4 minutes	<ul style="list-style-type: none"> • How to call for help 	<ul style="list-style-type: none"> • “Phone” • “9-1-1” • “Icon” 	<ul style="list-style-type: none"> • Circle, seated on deck
5 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on back 	<ul style="list-style-type: none"> • “Gentle rain kicks” 	<ul style="list-style-type: none"> • Stagger
New Skills			
15 minutes	<ul style="list-style-type: none"> • Finning arm action on back • Roll from front to back • Roll from back to front 	<ul style="list-style-type: none"> • “Elbows at sides” • “Feel the pressure on your palms” ○ “Flap your wings” ○ “Look at the sky” ○ “Look at the fish” 	<ul style="list-style-type: none"> • Stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Sharks and Minnows 		
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"> • Circle

Day 6

Equipment		Reminders	
<ul style="list-style-type: none"> • Submersible water toys • Swim bar floats • Foam noodles • Kickboards • Too Much Sun Is No Fun poster 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		<ul style="list-style-type: none"> • Circle
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • “When in doubt, shout it out” 	
Opening Activity/Review Skills			
2 minutes	<ul style="list-style-type: none"> • Teeter Totter • Blow (bubbles) in (the water), breathe out (of the water) 	<ul style="list-style-type: none"> • “Blow in, breathe out” • “Hum” 	<ul style="list-style-type: none"> • Pairs in parallel lines
2 minutes	<ul style="list-style-type: none"> • Pick up submerged objects—open eyes under water 	<ul style="list-style-type: none"> • “Get the toys” 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Front glide and recover—face in water 	<ul style="list-style-type: none"> • “Superman, turtle, stand” • “Put your feet down” 	
4 minutes	<ul style="list-style-type: none"> • Front float 	<ul style="list-style-type: none"> • “Relax” 	
4 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front 	<ul style="list-style-type: none"> • “Reach and pull and kick” 	<ul style="list-style-type: none"> • Wave
New Skills			
5 minutes	<ul style="list-style-type: none"> • Treading water using arms and leg actions 	<ul style="list-style-type: none"> • “Ride a wide bike up a big hill” 	<ul style="list-style-type: none"> • Wave
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Simon Says 		<ul style="list-style-type: none"> • Line at wall
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for making an effort • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 		<ul style="list-style-type: none"> • Circle

Day 7

Equipment		Reminders	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		
Safety Topic			
2 minutes	<ul style="list-style-type: none"> • Staying safe in water (review) 	<ul style="list-style-type: none"> • “What is safe?” 	<ul style="list-style-type: none"> • Circle
Opening Activity/Review Skills			
5 minutes	<ul style="list-style-type: none"> • Follow the Leader 		<ul style="list-style-type: none"> • Wave
4 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on back 	<ul style="list-style-type: none"> • “Gentle rain kicks” • “Reach and pull” 	<ul style="list-style-type: none"> • Stagger
3 minutes	<ul style="list-style-type: none"> • Treading water using arms and leg actions 	<ul style="list-style-type: none"> • “Ride a wide bike up a big hill” • “Soft and easy” 	<ul style="list-style-type: none"> • Wave
New Skills			
10 minutes	<ul style="list-style-type: none"> • Practice exit skills assessment: <ul style="list-style-type: none"> ○ Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position ○ Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position ○ Swim using a combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths 		<ul style="list-style-type: none"> • Stagger

Day 7 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Game/Song			
2 minutes	<ul style="list-style-type: none">• “Hokey Pokey”		
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">• Circle

Day 8

Equipment		Reminders	
<ul style="list-style-type: none"> Life jackets Completion cards Rewards for participants Don't Just Pack It, Wear Your Jacket poster 		<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. (Some participants may have completed badge requirements and do not require a formal test.) Review "Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes" and "Teaching Activities, Drills and Games" on Instructor's Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> Attendance Review last lesson 		
Safety Topic			
2 minutes	<ul style="list-style-type: none"> Don't Just Pack It, Wear Your Jacket (review) 	<ul style="list-style-type: none"> "When do you wear your jacket?" 	<ul style="list-style-type: none"> Circle
Opening Activity/Review Skills			
5 minutes	<ul style="list-style-type: none"> Bounce across the swim lesson area and back while practicing rhythmic breathing 	<ul style="list-style-type: none"> "Hop away and hop back here" 	<ul style="list-style-type: none"> Line
7 minutes	<ul style="list-style-type: none"> Review all skills 		<ul style="list-style-type: none"> Line, stagger
8 minutes	<ul style="list-style-type: none"> Exit skills assessment: <ul style="list-style-type: none"> Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position Swim using a combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths 		<ul style="list-style-type: none"> Line, stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> Water Tag 		

Day 8 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Closing			
4 minutes	<ul style="list-style-type: none">• Congratulate participants on their success and progress• Distribute completion cards as appropriate• Award badges• Encourage participants and their parents to sign up for the next session	<ul style="list-style-type: none">• “Thank you”• “Keep practicing what you’ve learned”• “What to sign up for?”	<ul style="list-style-type: none">• Circle