



**American
Red Cross**

SAMPLE BLOCK AND LESSON PLANS

Learn-to-Swim Level 2—Fundamental Aquatic 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 2—Fundamental Aquatic 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 an emergency 	<p>Safety Topic</p> <ul style="list-style-type: none"> • How to call for help 	<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"> • Exit skills assessment Level 1 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> • Enter water using steps, ladder or side, travel to shallow water and bob away from wall • Front, jellyfish and tuck floats and recover 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> • Step into chest-deep water, move into a front float then recover with assistance • Open eyes, pick up submerged object from shallow water • Front glide, roll to back and recover 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> • Kicking drills on front with swim bar floats • Kicking drills on back with kickboard • Enter at least shoulder-deep water by stepping or jumping in, swim on front with combined arm and leg actions to wall with assistance • Open eyes, pick up submerged object from chest-deep water • Back float
<p>New Skills</p> <ul style="list-style-type: none"> • Enter water by steps, ladder or side • Fully submerge head and hold breath • Bobs away from wall, back to the wall • Front float and recover independently • Jellyfish float and recover independently • Tuck float and recover independently • Combined arm and leg actions on front • Exit water at side from chest-deep water 	<p>New Skills</p> <ul style="list-style-type: none"> • Open eyes, pick up submerged object from shallow water • Kicking drills • Back glide with kick and recover with assistance • Front glide, face in, roll to back then recover • Front glide with kick then recover with assistance • Finning arm action on back with support 	<p>New Skills</p> <ul style="list-style-type: none"> • Step or jump in from side in at least shoulder-deep water • Open eyes, pick up submerged object from chest-deep water • Arm-stroke drills (alternating and simultaneous) • Swim on front with combined arm and leg actions independently • Back float independently 	<p>New Skills</p> <ul style="list-style-type: none"> • Arm stroke drills on back • Swim on back with finning arm action • Combined arm and leg actions swimming on front, turn around and continue swimming • Swim on front while wearing a life jacket, then roll to back • Swim on back wearing a life jacket
<p>Game</p> <ul style="list-style-type: none"> • Red Ball, Green Ball 	<p>Game</p> <ul style="list-style-type: none"> • Transformers 	<p>Game</p> <ul style="list-style-type: none"> • Egg Hunt 	<p>Game</p> <ul style="list-style-type: none"> • Sharks and Minnows
<p>Equipment</p> <ul style="list-style-type: none"> • <i>Swim Lessons Achievement Booklets</i>, as needed • Level 2 newsletters • Submersible water toys • Foam noodles • Swim bar floats • Kickboards • List of facility rules • Different colored pit balls 	<p>Equipment</p> <ul style="list-style-type: none"> • Submersible water toys • Foam noodles • Swim bar floats • Kickboards • Large ball 	<p>Equipment</p> <ul style="list-style-type: none"> • Submersible water toys • Foam noodles • Swim bar floats • Kickboards • Plastic eggs with weights (pennies) 	<p>Equipment</p> <ul style="list-style-type: none"> • Submersible water toys • Foam noodles • Swim bar floats • Kickboards • Life jackets • 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"> Reach or Throw, Don't Go—reaching assists 	Safety Topic <ul style="list-style-type: none"> Too Much Sun Is No Fun 	Safety Topic <ul style="list-style-type: none"> Look Before You Leap 	Safety Topic <ul style="list-style-type: none"> Think So You Don't Sink
Review Skills <ul style="list-style-type: none"> Jump into chest-deep water, turn back to swim using combined arm and leg actions on front with assistance Bobs away from wall Combined simultaneous arm and leg actions on front Combined simultaneous arm and leg actions on back 	Review Skills <ul style="list-style-type: none"> Combined alternating arm and leg actions on back independently Combined simultaneous arm and leg actions on back independently Combined alternating arm and leg actions on front independently Combined simultaneous arm and leg actions on front independently 	Review Skills <ul style="list-style-type: none"> Step or jump in from side in at least shoulder-deep water then swim on front using combined arm and leg actions then change direction and swim to safety Push off wall then swim using simultaneous arm and leg actions on back independently Push off wall then swim using simultaneous arm and leg actions on back independently Tread water using arm and leg motions 	Review Skills <ul style="list-style-type: none"> Review all skills
New Skills <ul style="list-style-type: none"> Combined alternating arm and leg actions on back Combined alternating arm and leg actions on front Back float, roll to front, then swim combined arm and leg actions on front with assistance Tread water—leg motions 	New Skills <ul style="list-style-type: none"> Tread water using arm and leg motions with assistance Push off wall, swim using combined arm and leg actions on front independently Push off wall, swim using combined arm and leg actions on back independently 	New Skills <ul style="list-style-type: none"> Practice exit skills assessment for LTS Level 2 	New Skills <ul style="list-style-type: none"> Exit skills assessment
Game <ul style="list-style-type: none"> Puppy Race 	Game <ul style="list-style-type: none"> Marco Polo 	Game <ul style="list-style-type: none"> Red Ball, Green Ball 	Game <ul style="list-style-type: none"> Sharks and Minnows
Equipment <ul style="list-style-type: none"> Foam noodles Swim bar floats Kickboards Reaching equipment Reach or Throw, Don't Go poster 	Equipment <ul style="list-style-type: none"> Water toys Foam noodles Kickboards Swim bar floats Too Much Sun Is No Fun poster 	Equipment <ul style="list-style-type: none"> Water toys Foam noodles Swim bar floats Kickboards Ball-pit balls Look Before You Leap poster 	Equipment <ul style="list-style-type: none"> Water toys Foam noodles Swim bar floats Kickboards Completion cards Rewards for participants Think So You Don't Sink poster

SAMPLE LESSON PLANS



Learn-to-Swim Level 2—Fundamental Aquatic 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 2 newsletters Submersible water toys Foam noodles Swim bar floats Kickboards List of facility rules Different colored pit balls 		<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, seated on deck
Safety Topic			
3 minutes	<ul style="list-style-type: none"> Staying safe around water 	<ul style="list-style-type: none"> “Safety” “Rules” “Supervising or watching you” 	<ul style="list-style-type: none"> Circle, seated on deck
Review Skills			
8 minutes	<ul style="list-style-type: none"> Exit skills assessment Level 1 	<ul style="list-style-type: none"> “No pressure” “Show me what you can do” 	<ul style="list-style-type: none"> Line, stagger in pairs
New Skills			
1 minute	<ul style="list-style-type: none"> Enter water using steps, ladder or side 	<ul style="list-style-type: none"> “Careful” 	<ul style="list-style-type: none"> Line, stagger
3 minutes	<ul style="list-style-type: none"> Fully submerge head and hold breath (at least 3 seconds) 	<ul style="list-style-type: none"> “Take a breath and hold it” “Blow bubbles before you come up” 	<ul style="list-style-type: none"> Line
3 minutes	<ul style="list-style-type: none"> Bobs away from wall, back to the wall (5 times) 	<ul style="list-style-type: none"> “Face in—hum” “Face out—breathe in” “Up and down” “Hop away; hop back” 	<ul style="list-style-type: none"> Line, stagger

Day 1 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
5 minutes	<ul style="list-style-type: none"> • Front float and recover independently 	<ul style="list-style-type: none"> • “Take a breath and hold it” • “Blow bubbles before you come up” • “Hum” • “Relax” 	<ul style="list-style-type: none"> • Stagger in pairs
2 minutes	<ul style="list-style-type: none"> • Jellyfish float and recover independently 	<ul style="list-style-type: none"> • “Take a breath and hold it” • “Blow bubbles before you come up” • “Hum” • “Relax” 	<ul style="list-style-type: none"> • Stagger in pairs
2 minutes	<ul style="list-style-type: none"> • Tuck float and recover independently 	<ul style="list-style-type: none"> • “Take a breath and hold it” • “Blow bubbles before you come up” • “Make a ball” • “Hum” 	<ul style="list-style-type: none"> • Stagger in pairs
5 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front (5 yards) with support 	<ul style="list-style-type: none"> • “Pull” • “Kick” 	<ul style="list-style-type: none"> • Stagger
2 minutes	<ul style="list-style-type: none"> • Exit water at side from chest-deep water 	<ul style="list-style-type: none"> • “Get out” 	<ul style="list-style-type: none"> • Stagger
Game			
4 minutes	<ul style="list-style-type: none"> • Red Ball, Green Ball 		<ul style="list-style-type: none"> • Line at pool wall
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 class today” • “Good floats” 	<ul style="list-style-type: none"> • Circle

Day 2

Equipment		Reminders	
<ul style="list-style-type: none"> • Submersible water toys • Foam noodles • Swim bar floats • Kickboards • Large ball 		<ul style="list-style-type: none"> • Review “Teaching Activities, Drills and Games” on Instructor’s Corner. • 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 		
Safety Topic			
3 minutes	<ul style="list-style-type: none"> • Recognizing an emergency 	<ul style="list-style-type: none"> • “Tell a lifeguard or adult right away” 	<ul style="list-style-type: none"> • Circle, on deck
Review Skills			
4 minutes	<ul style="list-style-type: none"> • Enter water using steps, ladder or side, travel to shallow water, bob away from wall (5 times) 	<ul style="list-style-type: none"> • “Slowly and safely” • “Face in—hum” • “Face out—breathe in” • “Up and down” • “Hop away; hop back” 	<ul style="list-style-type: none"> • Stagger, then move to circle next to partner
2 minutes	<ul style="list-style-type: none"> • Front float (3 to 5 seconds) and recover 	<ul style="list-style-type: none"> • “Take a breath and hold it” • “Blow bubbles before you come up” 	<ul style="list-style-type: none"> • Line, stagger in partner pairs
2 minutes	<ul style="list-style-type: none"> • Jellyfish float (3 to 5 seconds) and recover 	<ul style="list-style-type: none"> • “Take a breath and hold it” • “Blow bubbles before you come up” • “Hum” • “Relax” 	<ul style="list-style-type: none"> • Line, stagger in partner pairs
2 minutes	<ul style="list-style-type: none"> • Tuck float (3 to 5 seconds) and recover 	<ul style="list-style-type: none"> • “Take a breath and hold it” • “Blow bubbles before you come up” • “Make a ball” 	<ul style="list-style-type: none"> • Line, stagger in partner pairs
New Skills			
3 minutes	<ul style="list-style-type: none"> • Open eyes, pick up submerged objects from shallow water (3 times) 	<ul style="list-style-type: none"> • “Open your eyes” • “Look for them” 	<ul style="list-style-type: none"> • Circle, in water
2 minutes	<ul style="list-style-type: none"> • Kicking drills <ul style="list-style-type: none"> ○ Simultaneous ○ Alternating 	<ul style="list-style-type: none"> • “Kick, kick, kick” • “Quick feet” • “Bend, out, together, squeeze” 	<ul style="list-style-type: none"> • Bracketed on wall
4 minutes	<ul style="list-style-type: none"> • Back glide with kick and (2 body lengths) recover with assistance 	<ul style="list-style-type: none"> • “Head back, tummy up” • “Quick feet” • “Bend, out, together, squeeze” 	<ul style="list-style-type: none"> • Line, stagger
5 minutes	<ul style="list-style-type: none"> • Front glide, face in the water (2 body lengths), roll to back then recover with assistance 	<ul style="list-style-type: none"> • “Take a breath, face-down” • “Slowly blow bubbles” • “Roll over” • “Look at the sky” • “Stand up” 	<ul style="list-style-type: none"> • Line, stagger

Day 2 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
4 minutes	<ul style="list-style-type: none"> • Front glide with kick and (2 body lengths) recover with assistance 	<ul style="list-style-type: none"> • “Take a breath, face-down, kick, kick, kick” • “Blow bubbles before you come up” 	<ul style="list-style-type: none"> • Line, stagger
5 minutes	<ul style="list-style-type: none"> • Finning arm action on back (2 body lengths) with support 	<ul style="list-style-type: none"> • “Flap your wings” • “Push the water back” 	<ul style="list-style-type: none"> • Line, stagger in pairs
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 trying hard • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 	<ul style="list-style-type: none"> • “Good glides today” • “Everybody went so far” 	<ul style="list-style-type: none"> • Circle

Day 3

Equipment		Reminders	
<ul style="list-style-type: none"> • Submersible water toys • Foam noodles • Swim bar floats • Kickboards • Plastic eggs with weights (pennies) 		<ul style="list-style-type: none"> • Review “Teaching Activities, Drills and Games” on Instructor’s Corner. • Review Egg Hunt for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Take attendance • Assign partners 		
Safety Topic			
3 minutes	<ul style="list-style-type: none"> • How to call for help 	<ul style="list-style-type: none"> • “9-1-1” 	<ul style="list-style-type: none"> • Circle on deck
Review Skills			
5 minutes	<ul style="list-style-type: none"> • Step into chest-deep water, then move into a front float (3 seconds) then recover with assistance 	<ul style="list-style-type: none"> • “Lie down” • “Stand up” 	<ul style="list-style-type: none"> • Line, stagger
2 minutes	<ul style="list-style-type: none"> • Open eyes, pick up submerged object from shallow water 	<ul style="list-style-type: none"> • “Open your eyes” • “Look for them” 	<ul style="list-style-type: none"> • Circle in water
3 minutes	<ul style="list-style-type: none"> • Front glide (3 yards), roll to back and recover with assistance 	<ul style="list-style-type: none"> • “Glide” • “Roll over and look at the sky” • “Stand up” 	<ul style="list-style-type: none"> • Line, wave in pairs
New Skills			
5 minutes	<ul style="list-style-type: none"> • Enter water by stepping or jumping in at least shoulder-deep water (participant may push off from a sitting position with assistance) 	<ul style="list-style-type: none"> • “Take a breath and hold in” • “Blow bubbles on the way up and hum” • “Sweep down with the arms and kick up” 	<ul style="list-style-type: none"> • Line, stagger
5 minutes	<ul style="list-style-type: none"> • Open eyes, pick up submerged object from chest-deep water (3 times) 	<ul style="list-style-type: none"> • “Open your eyes” • “Look around for the object” 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Arm stroke drills <ul style="list-style-type: none"> ○ Alternating ○ Simultaneous 	<ul style="list-style-type: none"> • “Reach and pull; long arms” • “Pull out, circle around, together then forward” 	
6 minutes	<ul style="list-style-type: none"> • Swim on front with combined arm and leg actions (3 yards) independently 	<ul style="list-style-type: none"> • “Take a breath, face-down, kick, kick, kick” • “Reach and pull that water” • “Blow bubbles and hum before you come up” • “Head back down” 	<ul style="list-style-type: none"> • Line, stagger
5 minutes	<ul style="list-style-type: none"> • Back float (15 seconds) independently 	<ul style="list-style-type: none"> • “Head back, tummy up” • “Relax and look at the sky” 	<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">• Egg Hunt		<ul style="list-style-type: none">• Line
Closing			
3 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">• “Great swimming today”	<ul style="list-style-type: none">• Circle

Day 4

Equipment		Reminders	
<ul style="list-style-type: none"> • Submersible water toys • Foam noodles • Swim bar floats • Kickboards • Life jackets • Don't Just Pack It, Wear Your Jacket poster 		<ul style="list-style-type: none"> • 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"> • Take attendance • Assign partners 		
Safety Topic			
3 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"> • Kicking drills on front with swim bar floats <ul style="list-style-type: none"> ○ Alternating ○ Simultaneous 	<ul style="list-style-type: none"> • "Motorboat" • "Kick like a frog or kick like a dolphin" 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Kicking drills on back with kickboard <ul style="list-style-type: none"> ○ Alternating ○ Simultaneous 	<ul style="list-style-type: none"> • "Motorboat" • "Bend knees, out, around, together" 	<ul style="list-style-type: none"> • Wave
6 minutes	<ul style="list-style-type: none"> • Enter water by stepping or jumping in at least shoulder-deep water then swim on front (3 yards) with combined arm and leg actions (simultaneous or alternating) to wall with assistance 	<ul style="list-style-type: none"> • "Jump" • "Swim" 	<ul style="list-style-type: none"> • Line, stagger
2 minutes	<ul style="list-style-type: none"> • Open eyes, pick up submerged objects from chest-deep water (5 times) 	<ul style="list-style-type: none"> • "Look around" 	<ul style="list-style-type: none"> • Circle in water
2 minutes	<ul style="list-style-type: none"> • Back float (15 seconds) 	<ul style="list-style-type: none"> • "Relax, take a nap" 	<ul style="list-style-type: none"> • Wave
New Skills			
2 minutes	<ul style="list-style-type: none"> • Arm stroke drills on back <ul style="list-style-type: none"> • Simultaneous 	<ul style="list-style-type: none"> • "Flap your wings" 	<ul style="list-style-type: none"> • Lines on deck
5 minutes	<ul style="list-style-type: none"> • Swim on back with finning arm action (3 yards) 	<ul style="list-style-type: none"> • "Flap, flap, flap" • "Kick like a frog" 	<ul style="list-style-type: none"> • Line, stagger

Day 4 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
5 minutes	<ul style="list-style-type: none"> Swim on front (3 yards) with combined arm and leg actions (simultaneous or alternating), turn around and continue swimming to starting point 	<ul style="list-style-type: none"> “Bend, out, together, straight and squeeze” “Swim out, turn around and swim back” 	<ul style="list-style-type: none"> Line, stagger
3 minutes	<ul style="list-style-type: none"> Swim on front while wearing life jacket then roll to back 	<ul style="list-style-type: none"> “Kick, kick, kick” “Reach and pull that water” “Roll over and relax” 	<ul style="list-style-type: none"> Wave
3 minutes	<ul style="list-style-type: none"> Swim on back while wearing life jacket 	<ul style="list-style-type: none"> “Head back” “Kick, kick, kick” 	<ul style="list-style-type: none"> Wave
Game			
4 minutes	<ul style="list-style-type: none"> Sharks and Minnows 		<ul style="list-style-type: none"> Two teams on opposite sides of area
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"> “Effort” “Good job” “Safe” 	<ul style="list-style-type: none"> Circle

Day 5

Equipment		Reminders	
<ul style="list-style-type: none"> • Foam noodles • Swim bar floats • Kickboards • Reaching equipment • Reach or Throw, Don't Go poster 		<ul style="list-style-type: none"> • Review "Teaching Activities, Drills and Games" on Instructor's Corner. • Review Puppy Race for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Take attendance • Assign partners 		
Safety Topic			
6 minutes	<ul style="list-style-type: none"> • Reach or Throw, Don't • Go—Reaching Assist 		<ul style="list-style-type: none"> • Circle, seated on deck • Line, stagger
Review Skills			
2 minutes	<ul style="list-style-type: none"> • Jump into chest-deep water then turn back to swim to wall using combined arm and leg actions on front with assistance 	<ul style="list-style-type: none"> • "Swim, arms and legs together" 	<ul style="list-style-type: none"> • Line, stagger
1 minute	<ul style="list-style-type: none"> • Bobs away from wall (5 times) 	<ul style="list-style-type: none"> • "Hop away" • "Hum" 	<ul style="list-style-type: none"> • Line, a few feet from wall
6 minutes	<ul style="list-style-type: none"> • Combined simultaneous arm and leg actions on front <ul style="list-style-type: none"> ○ Arm stroke drills ○ Kicking drills ○ Combined stroke (4 yards) independently 	<ul style="list-style-type: none"> • "Reach, glide, pull water back" • "Kick, kick, kick" • "Swim, arms and legs together" 	<ul style="list-style-type: none"> • Arm stroke—standing in two lines in shallow water • Kicking—bracketed on wall or using swim bar floats • Stroke—line, stagger in pairs
6 minutes	<ul style="list-style-type: none"> • Combined simultaneous arm and leg actions on back <ul style="list-style-type: none"> ○ Arm stroke drills ○ Kicking drills ○ Combined stroke (4 yards) independently 	<ul style="list-style-type: none"> • "Arms, up, out, down" • "Kick, kick, kick" 	<ul style="list-style-type: none"> • Arm stroke—standing in two lines in shallow water • Kicking—using swim bar floats • Stroke—line, stagger in pairs
New Skills			
6 minutes	<ul style="list-style-type: none"> • Combined alternating arm and leg actions on back <ul style="list-style-type: none"> ○ Arm stroke drills ○ Kicking drills ○ Combined stroke (3 yards) independently 	<ul style="list-style-type: none"> • "Head back, tummy up" • "Quick feet" • "Reach back and pull that water" • "Swim, arms and legs together" 	<ul style="list-style-type: none"> • Arm stroke—standing in two lines in shallow water • Kicking—using swim bar floats • Stroke—line, stagger in pairs

Day 5 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
6 minutes	<ul style="list-style-type: none"> • Combined alternating arm and leg actions on front <ul style="list-style-type: none"> ○ Arm stroke drills ○ Kicking drills ○ Combined stroke (3 yards) independently 	<ul style="list-style-type: none"> • “Quick feet” • “Reach long and pull that water” • “Soft kicking” • “Swim, arms and legs together” 	<ul style="list-style-type: none"> • Arm stroke—standing in two lines in shallow water • Kicking—bracketed on wall or using swim bar floats • Stroke—line, stagger in pairs
4 minutes	<ul style="list-style-type: none"> • Back float (10–15 seconds), roll to front then swim combined stroke on front (3 yards) with assistance 	<ul style="list-style-type: none"> • “Take a breath and roll over” • “Swim” 	<ul style="list-style-type: none"> • Line, stagger in pairs
2 minutes	<ul style="list-style-type: none"> • Tread water using leg motions—supported on foam noodles 	<ul style="list-style-type: none"> • “Stay in one place” • “Kick to stay up” 	<ul style="list-style-type: none"> • Circle
Game			
3 minutes	<ul style="list-style-type: none"> • Puppy Race 		<ul style="list-style-type: none"> • Line, all together
Closing			
1 minute	<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"> • “Effort” • “Good job” • “Safe” • “Great swimming today” • “Good for you” 	<ul style="list-style-type: none"> • Circle

Day 6

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Kickboards • Too Much Sun Is No Fun poster 		<ul style="list-style-type: none"> • Review “Teaching Activities, Drills and Games” on Instructor’s Corner. • Review Marco Polo 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"> • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • “Ouch” • “Protect yourself (skin, eyes, lips)” 	<ul style="list-style-type: none"> • Circle, on deck
Review Skills			
5 minutes	<ul style="list-style-type: none"> • Combined alternating arm and leg actions on back (5 yards) independently 	<ul style="list-style-type: none"> • “Head back, tummy up” • “Quick feet” • “Reach and pull that water” 	
5 minutes	<ul style="list-style-type: none"> • Combined simultaneous arm and leg actions on back (5 yards) independently 	<ul style="list-style-type: none"> • “Head back, tummy up” • “Quick feet” • “Up, out and down” 	
5 minutes	<ul style="list-style-type: none"> • Combined alternating arm and leg actions on front (5 yards) independently 	<ul style="list-style-type: none"> • “Face in” • “Quick feet” • “Reach long and pull that water” 	
5 minutes	<ul style="list-style-type: none"> • Combined simultaneous arm and leg actions on front (5 yards) independently 	<ul style="list-style-type: none"> • “Face in” • “Bend, out, together, straight and squeeze” • “Reach, glide, pull water back” 	
New Skills			
5 minutes	<ul style="list-style-type: none"> • Tread water using arm and leg motions with assistance 	<ul style="list-style-type: none"> • “Relax, sweep out and down, then sweep in” • “Kick” • “Try to keep your head above water” • “Slow and easy” 	<ul style="list-style-type: none"> • Circle
4 minutes	<ul style="list-style-type: none"> • Push off the wall then swim using combined arm and leg actions on front (5 yards) independently 	<ul style="list-style-type: none"> • “Streamlined” • “Kick” • “Pull and kick” 	<ul style="list-style-type: none"> • Line, stagger
4 minutes	<ul style="list-style-type: none"> • Push off the wall then swim using combined arm and leg actions on back (5 yards) independently 	<ul style="list-style-type: none"> • “Streamlined” • “Kick” • “Pull and kick” 	<ul style="list-style-type: none"> • Line, stagger

Day 6 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Game			
4 minutes	<ul style="list-style-type: none"> • Marco Polo 		<ul style="list-style-type: none"> • Randomly spaced 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"> • “Effort” • “Good job” • “Safe” • “Fantastic, you are swimming!” 	<ul style="list-style-type: none"> • Circle

Day 7

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Kickboards • Ball-pit balls • Look Before You Leap 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 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"> • Look Before You Leap 	<ul style="list-style-type: none"> • “Is it safe to jump in?” 	<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
4 minutes	<ul style="list-style-type: none"> • Enter water by stepping or jumping in at least shoulder-deep water then swim on front (5 yards) with combined arm and leg actions, then change direction and swim to safety 	<ul style="list-style-type: none"> • “Jump” • “Swim” • “Turn” • “Back to the wall” 	<ul style="list-style-type: none"> • Line, stagger
4 minutes	<ul style="list-style-type: none"> • Push off the wall then swim using simultaneous arm and leg actions on back (5 yards) independently 	<ul style="list-style-type: none"> • “Streamlined” • “Head back, tummy up” • “Kick” • “Pull and kick” 	<ul style="list-style-type: none"> • Wave
4 minutes	<ul style="list-style-type: none"> • Push off the wall then swim using simultaneous arm and leg actions on back (5 yards) independently 	<ul style="list-style-type: none"> • “Streamlined” • “Bend, out, together, straight and squeeze” 	<ul style="list-style-type: none"> • Wave
4 minutes	<ul style="list-style-type: none"> • Tread water using arm and leg motions 	<ul style="list-style-type: none"> • “Push out, pull in” • “Kick” • “Try to keep your head above water” • “Soft and easy” 	<ul style="list-style-type: none"> • Circle

Day 7 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills			
15 minutes	<ul style="list-style-type: none"> ● Practice exit skills assessment: <ul style="list-style-type: none"> ○ Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. ○ Move into a back float for 5 seconds, roll to front then recover to a vertical position ○ Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for at least 5 body lengths 		
Game			
5 minutes	<ul style="list-style-type: none"> ● Red Ball, Green Ball 		
Closing			
3 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"> ● “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 • Think So You Don't Sink 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 (participants may have completed some badge requirements and do not need a formal test). • 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 		
Safety Topic			
5 minutes	<ul style="list-style-type: none"> • Think So You Don't Sink 		<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
15 minutes	<ul style="list-style-type: none"> • Review all skills 		<ul style="list-style-type: none"> • Line, stagger and wave
New Skills			
5 minutes	<ul style="list-style-type: none"> • Part 1 of exit skills assessment: Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water 	<ul style="list-style-type: none"> • "Take your time and try to remember what we practiced this session" 	<ul style="list-style-type: none"> • Line, stagger
5 minutes	<ul style="list-style-type: none"> • Part 2 of exit skills assessment: Move into a back float for 15 seconds, roll to front then recover to a vertical position 		
5 minutes	<ul style="list-style-type: none"> • Part 3 of exit skills assessment: Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for at least 5 body lengths 		

Day 8 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Game			
4 minutes	<ul style="list-style-type: none">• Sharks and Minnows	<ul style="list-style-type: none">• Rules	
Closing			
4 minutes	<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