

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

Block Plan

Instructor Resources: Swimming and Water Safety manual. Water Safety Instructor’s Manual (including CDROM), Teaching Swimming and Water Safety video or DVD, Longfellow’s WHALE Tales K-6 Educational Packet

Day 1	Day 2	Day 3	Day 4
<p>Safety Topic Be Cool, Follow the Rules</p> <ul style="list-style-type: none"> • Tour of facility and swimming area • Why is it important to have rules for swimming? • What are some rules at this pool? 	<p>Safety Topic Swim with a Buddy in a Supervised Area</p> <ul style="list-style-type: none"> • Why should you not swim alone? • Who should supervise you when you are swimming? 	<p>Safety Topic Look Before You Leap</p> <ul style="list-style-type: none"> • What makes a place safe for swimming? • What type of safety equipment should be at the swimming site? 	<p>Safety Topic Don’t Just Pack it, Wear Your Jacket</p> <ul style="list-style-type: none"> • When should you wear a life jacket?
Review Skills	Review Skills • New Skills Day 1	Review Skills • New Skills Days 1 and 2	Review Skills • New Skills Days 2 and 3
<p>New Skills</p> <ul style="list-style-type: none"> • Enter and exit the water safely • Submerge mouth, nose and eyes • Blow bubbles • Front float with support Show comfort • Recover • Back float with support • Show comfort Recover 	<p>New Skills</p> <ul style="list-style-type: none"> • Open eyes underwater • Pick up a submerged object • Swim on front with support • Alternating arms • Alternating legs • Swim on back with support • Alternating arms • Alternating legs 	<p>New Skills</p> <ul style="list-style-type: none"> • Swim on front with support • Simultaneous arms • Simultaneous legs • Swim on back • Simultaneous arms • Simultaneous legs • Change direction of travel while walking or paddling 	<p>New Skills</p> <ul style="list-style-type: none"> • Combined stroke on front with support • Swim wearing a life jacket
<p>Equipment</p> <ul style="list-style-type: none"> • Learn-to-Swim Booklets, Levels 1 and 2 • Skills checklist • Kickboards • Barbells • Ping-pong balls • Hoops • Corks and other small floating objects 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Kickboards • Barbells • Ping-pong balls • Hoops • Water toys 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Kickboards • Barbells • Hoops • Dive rings or coins • Water toys 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Progress logs • Life jackets • Kickboards • Hoops • Water toys
<p>Game</p> <ul style="list-style-type: none"> • Cork Game Race 	<p>Game</p> <ul style="list-style-type: none"> • Tommy Over the Water 	<p>Game</p> <ul style="list-style-type: none"> • Coin Wish-Pond 	<p>Game</p> <ul style="list-style-type: none"> • Duck In, Duck Out

Day 5	Day 6	Day 7	Day 8
<p>Safety Topic Learn about Boating Before You Go Floating</p> <ul style="list-style-type: none"> • What should you do before you go boating? • What type of equipment should you have on a boat? 	<p>Safety Topic Think'? So You Don't Sink</p> <ul style="list-style-type: none"> • What is panic'? • What could cause you to panic in the water? • How can you prevent panicking in the water'? 	<p>Safety Topic Reach or Throw. Don't Go!</p> <ul style="list-style-type: none"> • What is the main thing you should not do if someone is drowning? • What could you do to help someone who is in trouble in the water without getting in? 	<p>Safety Topic Cold Can Kill?</p> <ul style="list-style-type: none"> • What is hypothermia? • How can you prevent hypothermia?
<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Days 1 and 3 • Combined stroke on front with support 	<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Day 2, 4 and 5 	<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Day 1—6 	<p>Review Skills</p> <ul style="list-style-type: none"> • Review all skills
<p>New Skills</p> <ul style="list-style-type: none"> • Change direction while walking or paddling • Treading—explore arm action • Combined stroke on back with support 	<p>New Skills</p> <ul style="list-style-type: none"> • Roll over from front to back • Roll over from back to front 	<p>New Skills</p> <ul style="list-style-type: none"> • Practice exit skills 	<p>New Skills</p> <ul style="list-style-type: none"> • Exit skills assessment
<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Kickboards • Barbells • Hoops • Water toys 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Kickboards • Barbells • Hoops • Batons • Water toys 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Progress logs • Kickboards • Barbells • Hoops • Water toys 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Progress logs • Certificates • Rewards for student
<p>Game</p> <ul style="list-style-type: none"> • Sharks and Minnows 	<p>Game</p> <ul style="list-style-type: none"> • Baton Race 	<p>Game</p> <ul style="list-style-type: none"> • Red Rover 	<p>Games</p> <ul style="list-style-type: none"> • Water Tag