

Learn-to-Swim Level 2—Fundamental Aquatic 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

D1	D2	D3	D4
<p>Safety Topic Be Cool, Follow the Rules <ul style="list-style-type: none"> • What swimming rules should be followed at lakes, oceans or waterparks? </p>	<p>Safety Topic Swim With a Buddy in a Supervised Area <ul style="list-style-type: none"> • What is the job of lifeguards? • What equipment do lifeguards use? </p>	<p>Safety Topic Look Before You Leap <ul style="list-style-type: none"> • How do you know the depth of the water? • How deep should a non-swimmer go in the water? • What should the bottom of the swimming area look like? </p>	<p>Safety Topic Don’t Just Pack It, Wear Your Jacket <ul style="list-style-type: none"> • When should you wear a life jacket? • How should you take care of a life jacket? </p>
<p>Review Skills <ul style="list-style-type: none"> • Exit skills assessment Level 1 </p>	<p>Review Skills <ul style="list-style-type: none"> o New Skills Day 1 </p>	<p>Review Skills <ul style="list-style-type: none"> • Review Skills Days 1 and 2 </p>	<p>Review Skills <ul style="list-style-type: none"> • Review Skills Days 1, 2 and 3 </p>
<p>New Skills <ul style="list-style-type: none"> • Enter water by jumping from side • Exit water using ladder or side • Submerge entire head • Bobs • Front float <ul style="list-style-type: none"> o Show comfort o Recover • Back float <ul style="list-style-type: none"> o Show comfort o Recover </p>	<p>New Skills <ul style="list-style-type: none"> • Open eyes, pick up submerged object from shallow water • Front glide • Back glide • Swim on front <ul style="list-style-type: none"> o Alternating arms o Alternating legs • Swim on back <ul style="list-style-type: none"> o Alternating arms o Alternating legs </p>	<p>New Skills <ul style="list-style-type: none"> • Open eyes, pick up submerged object from shallow water • Swim on front <ul style="list-style-type: none"> o Simultaneous arms o Simultaneous legs • Swim on back <ul style="list-style-type: none"> o Simultaneous arms o Simultaneous legs </p>	<p>New Skills <ul style="list-style-type: none"> • Combined stroke on front • Swim on front while wearing a life jacket • Swim on back wearing a life jacket </p>
<p>Equipment <ul style="list-style-type: none"> • Learn-to-Swim Booklets, Levels 1 and 2 • Skills checklist • Kickboards • Barbells • Ping-pong balls • Hoops </p>	<p>Equipment <ul style="list-style-type: none"> • Skills checklist • Kickboards • Barbells • Ping-pong balls • Hoops </p>	<p>Equipment <ul style="list-style-type: none"> • Skills checklist • Kickboards • Barbells • Ping-pong balls • Play ball </p>	<p>Equipment <ul style="list-style-type: none"> • Progress log • Skills checklist • Life jackets • Kickboards • Barbells • Ping-pong balls • Hoops </p>
<p>Games <ul style="list-style-type: none"> • Kickboard Relay </p>	<p>Games <ul style="list-style-type: none"> • Mermaid Croquet </p>	<p>Games <ul style="list-style-type: none"> • Water Spud </p>	<p>Games <ul style="list-style-type: none"> • Sharks and Minnows </p>

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D5	D6	D7	D8
<p>Safety Topic Learn About Boating Before You Go Floating</p> <ul style="list-style-type: none"> • What is a float plan? • Why is a float plan important'? 	<p>Safety Topic Think! So You Don't Sink</p> <ul style="list-style-type: none"> • What would cause you to panic in the water? • What can you do to help yourself? 	<p>Safety Topic Reach or Throw. Don't Go!</p> <ul style="list-style-type: none"> • How can you tell if a swimmer is drowning? • What can you do without getting in the water to help someone who is drowning? 	<p>Safety Topic Cold Can Kill!</p> <ul style="list-style-type: none"> • What causes hypothermia? • How can you prevent hypothermia?
<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Day 1 and 3 • Combined stroke on front 	<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Days 2 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"> • Combined stroke on back • Swim on side with support <ul style="list-style-type: none"> o Alternating legs o Simultaneous legs • Jelly fish float • Tuck float 	<p>New Skills</p> <ul style="list-style-type: none"> • Tread water—explore arm and leg action 	<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 • Ping-pong balls • Hoops 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Kickboards • Barbells • Ping-pong balls • Hoops 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Kickboards • Barbells • Ping-pong balls • Hoops 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Progress logs • Certificates • Rewards for students
<p>Games</p> <ul style="list-style-type: none"> • Coin Wish-Pond 	<p>Games</p> <ul style="list-style-type: none"> • Marco Polo 	<p>Games</p> <ul style="list-style-type: none"> • Seven-Up 	<p>Games</p> <ul style="list-style-type: none"> • Fishy-Fishy