

Learn-to-Swim Level 3—Stroke Development

Block Plan

Instructor Resources: Swimming and Water Safety manual. Water Safety Instructor’s Manual (including CDROM). Teaching Swimming and Water Safety video or DVD, Swimming and Diving Skills

D1	D2	D3	D4 I
<p>Safety Topic Be Cool, Follow the Rules</p> <ul style="list-style-type: none"> • What are some basic rules for diving’? 	<p>Safety Topic Swim With a Buddy in a Supervised Area</p> <ul style="list-style-type: none"> • What do lifeguards do? • What safety equipment do lifeguards use’? • How can you help lifeguards do their job? 	<p>Safety Topic Look Before You Leap</p> <ul style="list-style-type: none"> • How deep should the water be when you are learning to dive’? • How do you know if a swimming area is safe for jumping or diving’? 	<p>Safety Topic Don’t Just Pack It. Wear Your Jacket</p> <ul style="list-style-type: none"> • What does PFD stand for? • How many types of PFDs are there’? • When should you use each type of PFD’?
<p>Review Skills</p> <ul style="list-style-type: none"> • Exit skills assessment Level 2 	<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Day I • Back float • Survival float 	<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Days I and 2 	<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Days 1. 2 and 3
<p>New Skills</p> <ul style="list-style-type: none"> • Submerge and retrieve an object from chest- deep water • Bob with head fully submerged (5 times) • Front glide with 2 different kicks • Back glide with 2 different kicks 	<p>New Skills</p> <ul style="list-style-type: none"> • Front crawl • Back crawl • Jump into deep water from side 	<p>New Skills</p> <ul style="list-style-type: none"> • Butterfly —kick and body motion • Tread water 	<p>New Skills</p> <ul style="list-style-type: none"> • Jump into chest-deep water and swim front crawl to side • Head-first entry from the side • Enter water while wearing a life jacket
<p>Equipment</p> <ul style="list-style-type: none"> • Learn-to-Swim Booklets, Levels 3 and 4 • Skills checklist • Kickboards • Hoops • Play ball • Dive rings or coins 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Kickboards • Hoops • Play ball • Dive rings or coins 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Kickboards • Hoops • Play ball • Dive rings or coins • Hats 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Progress logs • Life jackets • Kickboards • Hoops • Play ball • Dive rings or coins
<p>Game</p> <ul style="list-style-type: none"> • Coin Wish-Pond 	<p>Game</p> <ul style="list-style-type: none"> • Marco Polo 	<p>Game</p> <ul style="list-style-type: none"> • Straw Hat Relay 	<p>Game</p> <ul style="list-style-type: none"> • Aquatic Steeple Chase

video or DVD, Longfellow’s WHALE Tales K-6 Educational Packet

Learn-to-Swim—Stroke Development Sample Block Plan

D5	D6	D7	D8
<p>Safety Topic Learn About Boating Before You Go Floating</p> <ul style="list-style-type: none"> • What can you do to keep your boat from sinking? • What should you do if your boat capsizes? 	<p>Safety Topic Think! So You Don't Sink</p> <ul style="list-style-type: none"> • What type of water emergencies can happen in open water (lakes, rivers, oceans)? • What could you do to prevent these emergencies'? 	<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 should you do if you fall into cold water near shore'? • What should you do if you fall into water far away from shore'?
<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Days 1 and 3 	<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Days 2 and 4 	<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Days 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"> • Jump into chest-deep water and swim back crawl to side • HELP Position • Huddle Position 	<p>New Skills</p> <ul style="list-style-type: none"> • Change from vertical to horizontal position on front • Change from vertical to horizontal position on back 	<p>New Skills</p> <ul style="list-style-type: none"> • Reaching assists • Check—Call—Care • Review 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 • Life jackets • Kickboards • Hoops • Play ball • Dive rings or coins 	<p>Equipment:</p> <ul style="list-style-type: none"> • Skills checklist • Kickboards • Hoops • Play ball • Dive rings or coins 	<p>Equipment:</p> <ul style="list-style-type: none"> • Skills checklist • Kickboards • Hoops • Play ball • Batons 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Progress logs • Certificates • Rewards for students • Hoops
<p>Game Water Spud</p>	<p>Game Keep Away</p>	<p>Game Baton Race</p>	<p>Game Mermaid Croquet</p>