

Learn-to-Swim Level 4—Stroke Improvement

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

D1	D2	D3	D4
<p>Safety Topic Be Cool, Follow the Rules</p> <ul style="list-style-type: none"> • How do you know when it is safe to swim? 	<p>Safety Topic Swim With a Buddy in a Supervised Area</p> <ul style="list-style-type: none"> • What should you do if a lifeguard blows the whistle and enters the water? 	<p>Safety Topic Look Before You Leap</p> <ul style="list-style-type: none"> • What are some rules for safe diving? 	<p>Safety Topic Don’t Just Pack It. Wear Your Jacket</p> <ul style="list-style-type: none"> • Why should you use a life jacket instead of an inflatable device for support?
<p>Review Skills</p> <ul style="list-style-type: none"> • Exit skills assessment Level 3 • Front crawl • Back crawl 	<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Day 1 	<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Days 1 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"> • Tread water o Modified scissors kick o Breaststroke kick • Breaststroke 	<p>New Skills</p> <ul style="list-style-type: none"> • Elementary backstroke • Dive from a compact or stride position 	<p>New Skills</p> <ul style="list-style-type: none"> • Swim on side—scissors kick 	<p>New Skills</p> <ul style="list-style-type: none"> • Compact jump wearing life jacket • Butterfly
<p>Equipment</p> <ul style="list-style-type: none"> • Learn-to-Swim Booklet, Levels 3 and 4 • Skills checklist • Fins • Kickboards • Soft foam balls 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Fins • Kickboards • Hoops • Dive rings or coins 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Fins • Kickboards • Hoops • Dive rings or coins 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Progress logs • Life jackets • Kickboards • Hoops • Play ball
<p>Game</p> <ul style="list-style-type: none"> • Octopus 	<p>Game</p> <ul style="list-style-type: none"> • Pigeon Cross-Over 	<p>Game</p> <ul style="list-style-type: none"> • Sharks and Minnows 	<p>Game</p> <ul style="list-style-type: none"> • Marco Polo

Learn-to-Swim—Stroke Improvement Block Plan

D5	D6	D7	D8
<p>Safety Topic Learn About Boating Before You Go Floating</p> <ul style="list-style-type: none"> • What are basic rules for safe boating? • What should you do if your boat capsizes? • Would you ever need to leave your boat? 	<p>Safety Topic Think! So You Don't Sink</p> <ul style="list-style-type: none"> • How do you release a cramp in the water? • What should you do if you are caught in an ocean current? • What should you do if you are caught in a flyer current? 	<p>Safety Topic Reach or Throw. Don't Go!</p> <ul style="list-style-type: none"> • How do you protect yourself when helping someone in trouble'? • What do you need to do after helping someone? 	<p>Safety Topic Cold Can Kill!</p> <ul style="list-style-type: none"> • Why should you wear a life jacket around cold water? • What should you do if your boat capsizes and you are in cold water?
<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Days 1 and 3 • Back float • Survival float 	<p>Review Skills</p> <ul style="list-style-type: none"> • New Skills Days 2, 4 and 5 	<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"> • Care for a conscious choking victim 	<p>New Skills</p> <ul style="list-style-type: none"> • Open turn on front—streamlined push off • Open turn on back—streamlined push-off 	<p>New Skills</p> <ul style="list-style-type: none"> • Throwing assist • Feet-first surface dive • 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 • Fins • Kickboards • Hoops • Play ball • Dive rings or coins 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Fins • Kickboards • Hoops • Play ball • Dive rings or coins 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Fins • Kickboards • Hoops • Play ball • Dive rings or coins • Ring buoy 	<p>Equipment</p> <ul style="list-style-type: none"> • Skills checklist • Progress logs • Certificates • Rewards for students
<p>Game</p> <ul style="list-style-type: none"> • Water Spud 	<p>Game</p> <ul style="list-style-type: none"> • Water Polo 	<p>Game</p> <ul style="list-style-type: none"> • Push or Cage Ball 	<p>Game</p> <ul style="list-style-type: none"> • Paddle Boat Race