

Learn-to-Swim Level 5—Stroke Refinement

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 <ul style="list-style-type: none"> List and explain the rationale for 5 basic safety rules </p>	<p>Safety Topic Swim With a Buddy in a Supervised Area <ul style="list-style-type: none"> Explain the importance of swimming in a supervised area. </p>	<p>Safety Topic Look Before You Leap <ul style="list-style-type: none"> List and explain the rationale for 5 rules for safe diving, </p>	<p>Safety Topic Don't Just Pack It. Wear Your Jacket <ul style="list-style-type: none"> List 3 situations in which you should wear a life jacket. </p>
<p>Review Skills <ul style="list-style-type: none"> Exit skills assessment Level 4 Front Crawl Back Crawl </p>	<p>Review Skills <ul style="list-style-type: none"> New Skills Day 1 Breaststroke Elementary backstroke </p>	<p>Review Skills <ul style="list-style-type: none"> New Skills Days 1 and 2 Butterfly </p>	<p>Review Skills <ul style="list-style-type: none"> New Skills Days 1, 2 and 3 </p>
<p>New Skills <ul style="list-style-type: none"> Flip turn while swimming on front </p>	<p>New Skills <ul style="list-style-type: none"> Flip turn while swimming on back </p>	<p>New Skills <ul style="list-style-type: none"> Sidestroke Underwater swimming </p>	<p>New Skills <ul style="list-style-type: none"> Tread water using 2 different kicks </p>
<p>Equipment <ul style="list-style-type: none"> Water Safety Handbook or Swimming and Water Safety manual Skills checklist Fins Kickboards Hoops Play ball Dive rings or coins </p>	<p>Equipment <ul style="list-style-type: none"> Skills checklist Fins Kickboards Hoops Play ball Dive rings or coins </p>	<p>Equipment <ul style="list-style-type: none"> Skills checklist Fins Kickboards Hoops Play ball Dive rings or coins </p>	<p>Equipment <ul style="list-style-type: none"> Skills checklist Progress logs Fins Kickboards Large water ball </p>
<p>Game <ul style="list-style-type: none"> Stroke Fun </p>	<p>Game <ul style="list-style-type: none"> Sharks and Minnows </p>	<p>Game <ul style="list-style-type: none"> Kickboard Relay </p>	<p>Game <ul style="list-style-type: none"> Keep Away </p>

Block Plan

D5	D6	D7	D8
<p>Safety Topic Be Cool, Follow the Rules About Boating Before You Go Floating • List and explain the rationale for 5 rules for safe boating.</p>	<p>Safety Topic Swim With a Buddy in a Supervised Area Think! So You Don't Sink • How would you rescue yourself if you fell through the ice? • How can you prevent an ice emergency?</p>	<p>Safety Topic Reach or Throw. Don't Go! • Demonstrate 3 ways you can help someone who is in trouble in the water</p>	<p>Safety Topic Cold Can Kill! • Describe the signs of hypothermia • Describe the steps for providing first aid for a victim of hypothermia</p>
<p>Review Skills • New Skills Days 1 and 3 • Front crawl • Back crawl • Back float</p>	<p>Review Skills • New Skills Days 2, 4 and 5 • Breaststroke • Elementary backstroke • Survival float</p>	<p>Review Skills • New Skills Days 1—6 • Butterfly • Sidestroke</p>	<p>Review Skills • Review all skills</p>
<p>New Skills • Shallow dive from the deck</p>	<p>New Skills • Shallow dive, glide 2 body lengths, and begin any front stroke</p>	<p>New Skills • Pike surface dive • Tuck surface dive • Review exit skills</p>	<p>New Skills • Exit skills assessment</p>
<p>Equipment • Skills checklist • Fins • Kickboards • Hoops • Play ball • Dive rings or coins</p>	<p>Equipment • Skills checklist • Fins • Kickboards • Hoops • Play ball • Hats</p>	<p>Equipment • Skills checklist • Fins • Kickboards • Hoops • Play ball • Dive rings or coins</p>	<p>Equipment • Skills checklist • Progress logs • Certificates • Rewards for students • Large shirts • Pants</p>
<p>Game • Aquatic Steeple Chase</p>	<p>Game • Straw Hat Race</p>	<p>Game • Mermaid Croquet</p>	<p>Game • Button—Unbutton Relay</p>