

Learn-to-Swim Level 6—Fitness Swimmer

Block Plan

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

* A purpose of Level 6 is to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. Observe, assess and intervene as necessary to refine students’ strokes, improve their turns and build their endurance.

| Day 1 | Day 2 | Day 3 | Day 4 |
|--|--|---|--|
| Review Skills <ul style="list-style-type: none"> • Exit skills assessment Level 5 • Turns | Review Skills <ul style="list-style-type: none"> • New Skills Day 1 | Review Skills <ul style="list-style-type: none"> • New Skills Day 2 | Review Skills <ul style="list-style-type: none"> • New Skills Day 3 |
| Endurance Skills* <ul style="list-style-type: none"> • Cooper’s 12-minute swim test | Endurance Skills* <ul style="list-style-type: none"> • Front crawl, 50 yards • Back crawl, 50 yards • Breaststroke, 25 yards • Elementary backstroke, 25 yards • Sidestroke, 25 yards • Butterfly, 25 yards • Choice, 50 yards | Endurance Skills* <ul style="list-style-type: none"> • Stroke drills | Endurance Skills* <ul style="list-style-type: none"> • Front crawl, 75 yards • Back crawl, 75 yards • Breaststroke, 50 yards • Elementary backstroke, 50 yards • Sidestroke, 50 yards • Butterfly, 50 yards • Choice, 75 yards |
| New Skills <ul style="list-style-type: none"> • Describe the principles and etiquette in fitness swimming • Use a pace clock • Training techniques set—over distance | New Skills <ul style="list-style-type: none"> • Training techniques set—interval set | New Skills <ul style="list-style-type: none"> • Use a pull buoy while swimming • Use fins while swimming • Training techniques set—repetition | New Skills <ul style="list-style-type: none"> • Use paddles while swimming • Training techniques set—sprints |
| Equipment <ul style="list-style-type: none"> • Swimming and Water Safety manual • Skills checklist • Kickboards • Fins • Pull-buoys • Hoops | Equipment <ul style="list-style-type: none"> • Skills checklist • Kickboards • Fins • Pull buoys | Equipment <ul style="list-style-type: none"> • Skills checklist • Kickboards • Fins • Pull buoys | Equipment <ul style="list-style-type: none"> • Skills checklist • Progress logs • Kickboards • Pull buoys • Fins |
| Game <ul style="list-style-type: none"> • Mermaid Croquet | Game <ul style="list-style-type: none"> • Tommy Over the Water | Game <ul style="list-style-type: none"> • Sharks and Minnows | Game <ul style="list-style-type: none"> • Water polo |

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| Day 5 | Day 6 | Day 7 | Day 8 |
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| Review Skills: <ul style="list-style-type: none"> • New Skills Day 4 • How to use paddles | Review Skills <ul style="list-style-type: none"> • New Skills Day 5 | Review Skills <ul style="list-style-type: none"> • New Skills Day 6 | Review Skills <ul style="list-style-type: none"> • Review all skills |
| Endurance Skills* <ul style="list-style-type: none"> • Stroke drills | Endurance Skills* <ul style="list-style-type: none"> • Front crawl, 100 yards • Back crawl, 100 yards • Breaststroke, 50 yards • Elementary backstroke, 50 yards • Sidestroke, 50 yards • Butterfly, 50 yards • Choice, 100 yards | Endurance Skills* <ul style="list-style-type: none"> • Cooper’s 12-minute swim test (first swimming activity of class) • Stroke drills | |
| New Skills <ul style="list-style-type: none"> • Describe principles of setting up fitness program • Calculate target heart rate • Training techniques set—straight sets and negative split sets | New Skills <ul style="list-style-type: none"> • Training techniques set—ladders and pyramids | New Skills <ul style="list-style-type: none"> • Water exercise session, 20 minutes | New Skills <ul style="list-style-type: none"> • Exit skills assessment |
| Equipment <ul style="list-style-type: none"> • Skills checklist • Pace clock • Kickboard • Fins • Pull buoys • Batons | Equipment <ul style="list-style-type: none"> • Skills checklist • Pace clock • Kickboard • Fins • Pull buoys • Paddles | Equipment <ul style="list-style-type: none"> • Skills checklist • Pace clock • Kickboard • Fins • Pull buoys • Tennis balls | Equipment <ul style="list-style-type: none"> • Skills checklist • Progress logs • Certificates • Rewards for students • Kickboard • Fins • Pull-buoys |
| Game <ul style="list-style-type: none"> • Baton Race | Game <ul style="list-style-type: none"> • I See, I See | Game <ul style="list-style-type: none"> • Crazy Circle | Game <ul style="list-style-type: none"> • Water Tag |