

Learn-to-Swim Level 6—Fundamentals of Diving

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.**

D1	D2	D3	D4
Review Skills <ul style="list-style-type: none"> • Exit skills assessment Level 5 • Diving safety skills 	Review Skills <ul style="list-style-type: none"> • New Skills Day I 	Review Skills <ul style="list-style-type: none"> • New Skills Day 2 • Turns 	Review Skills <ul style="list-style-type: none"> • New Skills Day 3
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 	Endurance Skills* <ul style="list-style-type: none"> • Stroke drills
New Skills <ul style="list-style-type: none"> • Basic stretching exercises for diving • Dive from side from kneeling and compact positions 	New Skills <ul style="list-style-type: none"> • Dive from stride and standing positions • Forward dive fall in from diving board 	New Skills <ul style="list-style-type: none"> • Approach and hurdle 	New Skills <ul style="list-style-type: none"> • Forward jump, tuck position
Equipment <ul style="list-style-type: none"> • Swimming and Water Safety manual • Skills checklist • Batons 	Equipment <ul style="list-style-type: none"> • Skills checklist • Objects that sink • Kickboard • Fins • Pull buoys 	Equipment <ul style="list-style-type: none"> • Skills checklist • Tennis balls 	Equipment <ul style="list-style-type: none"> • Skills checklist • Progress logs • 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

D5	D6	D7	D8
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"> • Stroke drills 	Endurance Skills* <ul style="list-style-type: none"> • Same as Day 5, continuous swim 	Endurance Skills* <ul style="list-style-type: none"> • Same as Day 5, continuous swim
New Skills <ul style="list-style-type: none"> • Forward dive, tuck position 	New Skills <ul style="list-style-type: none"> • Forward dive, pike position 	New Skills <ul style="list-style-type: none"> • Review exit skills 	New Skills <ul style="list-style-type: none"> • Exit skill assessment
Equipment <ul style="list-style-type: none"> • Skills checklist • Hoops 	Equipment <ul style="list-style-type: none"> • Skills checklist • Kickboard • Fins • Pull buoys 	Equipment <ul style="list-style-type: none"> • Skills checklist 	Equipment <ul style="list-style-type: none"> • Skills checklist • Progress logs • Certificates • Rewards for students • Soft foam ball
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"> • Octopus