



**American
Red Cross**

SAMPLE BLOCK AND LESSON PLANS

Preschool Aquatics Level 1

Important Note: *These block and lesson plans are samples only and are in no way intended to serve as a recommended way to deliver the lessons. Develop block plans and lesson plans to meet your specific needs.*

Instructor Resources: *Swimming and Water Safety, Water Safety Instructor's Manual, Teaching Swimming and Water Safety DVD, Longfellow's WHALE Tales K-6 Educational Packet, Instructor's Corner*

Preschool Aquatics Level 1

Day 1	Day 2	Day 3	Day 4
<p>Safety Topic</p> <ul style="list-style-type: none"> Recognizing the lifeguards 	<p>Safety Topic</p> <ul style="list-style-type: none"> Staying safe around water 	<p>Safety Topic</p> <ul style="list-style-type: none"> Don't Just Pack It, Wear Your Jacket 	<p>Safety Topic</p> <ul style="list-style-type: none"> Too Much Sun Is No Fun
<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> Kick legs to make it "rain" on the instructor while seated on the edge of the pool 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> Ease-in, wiggle and splash then blow bubbles 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> Ring Around the Rosie—back float Open eyes under water and retrieve submerged object Front glide and recover Alternating leg action on front Simultaneous leg action on front 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> Follow the Leader Recover from a back float to a vertical position Back glide
<p>New Skills</p> <ul style="list-style-type: none"> Enter and exit water safely using ladder, steps or side Blow bubbles through mouth and nose 	<p>New Skills</p> <ul style="list-style-type: none"> Open eyes under water and retrieve a submerged object Front glide Recover from a front glide to a vertical position Alternating leg action on front Simultaneous leg action on front 	<p>New Skills</p> <ul style="list-style-type: none"> Recover from a back float to a vertical position Back glide 	<p>New Skills</p> <ul style="list-style-type: none"> Alternating leg action on back Simultaneous leg action on back Alternating arm action on front Simultaneous arm action on front
<p>Game/Song</p> <ul style="list-style-type: none"> Blow the Cork 	<p>Game/Song</p> <ul style="list-style-type: none"> Treasure Hunt 	<p>Game/Song</p> <ul style="list-style-type: none"> "London Bridge" 	<p>Game/Song</p> <ul style="list-style-type: none"> Simon Says
<p>Equipment</p> <ul style="list-style-type: none"> <i>Swim Lessons Achievement Booklets</i>, as needed Preschool Aquatics Level 1 newsletters Ping-Pong or ball-pit balls 	<p>Equipment</p> <ul style="list-style-type: none"> Submersible water toys Swim bar floats Foam noodles Kickboards 	<p>Equipment</p> <ul style="list-style-type: none"> Submersible water toys Swim bar floats Foam noodles Kickboards Life jackets Don't Just Pack It, Wear Your Jacket poster 	<p>Equipment</p> <ul style="list-style-type: none"> Swim bar floats Foam noodles Kickboards Too Much Sun Is No Fun poster

SAMPLE BLOCK PLAN (Continued)

Day 5	Day 6	Day 7	Day 8
Safety Topic <ul style="list-style-type: none"> Staying safe around water (review) 	Safety Topic <ul style="list-style-type: none"> Recognizing an emergency 	Safety Topic <ul style="list-style-type: none"> How to call for help 	Safety Topic <ul style="list-style-type: none"> Too Much Sun Is No Fun (review)
Opening Activity/ Review Skills <ul style="list-style-type: none"> Teeter Totter—blow (bubbles) in (the water), breathe out (of the water) Alternating arm action on front Simultaneous arm action on front 	Opening Activity/ Review Skills <ul style="list-style-type: none"> Teeter Totter Alternating arm action on back Simultaneous arm action on back Combined arm and leg actions on back 	Opening Activity/ Review Skills <ul style="list-style-type: none"> Treasure Hunt Front glide Front glide with kick Combined arm and leg actions on front Back glide Back glide with kick Combined arm and leg actions on back Roll from front to back Roll from back to front Treading water (arm and hand actions) 	Opening Activity/ Review Skills <ul style="list-style-type: none"> Follow the Leader Review all skills
New Skills <ul style="list-style-type: none"> Combined arm and leg actions on front Alternating arm action on back Simultaneous arm action on back Combined arm and leg actions on back 	New Skills <ul style="list-style-type: none"> Roll from front to back Roll from back to front Treading water (arm and hand actions) 	New Skills <ul style="list-style-type: none"> No new skills 	New Skills <ul style="list-style-type: none"> Exit skills assessment
Game/Song <ul style="list-style-type: none"> Sharks and Minnows 	Game/Song <ul style="list-style-type: none"> Follow the Leader 	Game/Song <ul style="list-style-type: none"> Water Tag 	Game/Song <ul style="list-style-type: none"> Big Bad Wolf Race
Equipment <ul style="list-style-type: none"> Kickboards Swim bar floats 	Equipment <ul style="list-style-type: none"> Swim bar floats Foam noodles Kickboards Beach ball 	Equipment <ul style="list-style-type: none"> Water toys Toy or nonworking telephone 	Equipment <ul style="list-style-type: none"> Kickboards Swim bar floats Ping-Pong balls Completion cards Rewards for participants Too Much Sun Is No Fun poster

SAMPLE LESSON PLANS



Preschool Aquatics Level 1

Instructor: Wilbert E. Longfellow
Location: Municipal Family Aquatic Center
Total Number of Classes: 8

Session Begin Date: June 15
Session End Date: June 30
Length of Classes: 30 minutes

Day 1

Equipment		Reminders	
<ul style="list-style-type: none"> Swim Lessons Achievement Booklets Preschool Aquatics Level 1 newsletters Ping-Pong or ball-pit balls 		<ul style="list-style-type: none"> Distribute one <i>Swim Lessons Achievement Booklet</i> to each participant, as needed. Distribute newsletters to participants and/or their parents. Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
5 minutes	<ul style="list-style-type: none"> Introduce yourself and ask participants for their names Show designated lesson area Explain basic rules 	<ul style="list-style-type: none"> “Safe” “No running” 	<ul style="list-style-type: none"> Circle, seated on deck
Safety Topic			
3 minutes	<ul style="list-style-type: none"> Recognizing the lifeguards 		<ul style="list-style-type: none"> Circle, seated on deck
Opening Activity			
5 minutes	<ul style="list-style-type: none"> While seated on the edge of the pool, kick legs to make it “rain” on the instructor 	<ul style="list-style-type: none"> “Make it rain” 	<ul style="list-style-type: none"> L-formation
New Skills			
5 minutes	<ul style="list-style-type: none"> Enter and exit water <ul style="list-style-type: none"> Explain and demonstrate using the ramp, steps or side to enter the pool and the ladder, steps or side to exit the pool Enter using the ramp, steps or side Exit using the ladder, steps or side 	<ul style="list-style-type: none"> “Careful, safely” 	<ul style="list-style-type: none"> L-formation then stagger

Day 1 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
5 minutes	<ul style="list-style-type: none"> • Blowing bubbles through the mouth and nose • Blow Ping-Pong ball back and forth to each other • Look down slightly, then submerge to nose and blow bubbles for the count of 3 (repeat 3 times) • Submerge past eyebrows and blow bubbles for the count of 3 (repeat 3 times) 	<ul style="list-style-type: none"> • “Blow the ball back and forth” • “Hum” • “Hum” 	<ul style="list-style-type: none"> • Parallel lines, swimmers paired-off
Game/Song			
5 minutes	<ul style="list-style-type: none"> • Blow the Cork 		<ul style="list-style-type: none"> • Single line, in water, 10 feet away from the side of the pool
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 	<ul style="list-style-type: none"> • “Good job” • “Great bubbles” • “Fantastic humming” 	<ul style="list-style-type: none"> • Circle

Day 2

Equipment		Reminders	
<ul style="list-style-type: none"> • Submersible water toys • Swim bar floats • Foam noodles • Kickboards 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		
Safety Topic			
5 minutes	<ul style="list-style-type: none"> • Staying safe around water 	<ul style="list-style-type: none"> • “What areas are safe?” 	<ul style="list-style-type: none"> • Circle, on desk
Opening Activity/Review Skills			
2 minutes	<ul style="list-style-type: none"> • Ease-in, wiggle and splash for the count of 10 then blow bubbles for the count of 5 	<ul style="list-style-type: none"> • “Pretend that you are a balloon that has been popped and wiggle and splash” 	<ul style="list-style-type: none"> • Line
New Skills			
2 minutes	<ul style="list-style-type: none"> • Open eyes underwater and retrieve submerged object 	<ul style="list-style-type: none"> • “Open your eyes” • “Look for the toy” 	<ul style="list-style-type: none"> • Line
5 minutes	<ul style="list-style-type: none"> • Front glide 	<ul style="list-style-type: none"> • “Fly like Superman” 	<ul style="list-style-type: none"> • Line
2 minutes	<ul style="list-style-type: none"> • Recover from a front glide to a vertical position 	<ul style="list-style-type: none"> • “Feet down” • “Stand up” 	<ul style="list-style-type: none"> • Line
4 minutes	<ul style="list-style-type: none"> • Alternating leg action on front 	<ul style="list-style-type: none"> • “Soft kick, long legs” 	<ul style="list-style-type: none"> • Line
4 minutes	<ul style="list-style-type: none"> • Simultaneous leg action on front 	<ul style="list-style-type: none"> • “Kick like a frog” • “Kick like a dolphin” 	<ul style="list-style-type: none"> • Line
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Treasure Hunt 		
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 		<ul style="list-style-type: none"> • Circle

Day 3

Equipment		Reminders	
<ul style="list-style-type: none"> • Submersible water toys • Swim bar floats • Foam noodles • Kickboards • Life jackets • Don't Just Pack It, Wear Your Jacket poster 		<ul style="list-style-type: none"> • Review "Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes" and "Teaching Activities, Drills and Games" on Instructor's Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		
Safety Topic			
5 minutes	<ul style="list-style-type: none"> • Don't Just Pack It, Wear Your Jacket 		<ul style="list-style-type: none"> • Circle
Opening Activity/Review Skills			
5 minutes	<ul style="list-style-type: none"> • Ring Around the Rosie <ul style="list-style-type: none"> ○ Demonstrate back float by substituting "all fall back (float)" for "all fall down" ○ Back float (3 seconds) 	<ul style="list-style-type: none"> • "Head back" • "Ears in the water" • "Look at the sky" 	<ul style="list-style-type: none"> • Circle in water
1 minute	<ul style="list-style-type: none"> • Open eyes underwater and retrieve submerged object 	<ul style="list-style-type: none"> • "Open your eyes" • "Look for the toys" 	
2 minutes	<ul style="list-style-type: none"> • Front glide and recover to a vertical position 	<ul style="list-style-type: none"> • "Fly like Superman" • "Put your feet down" 	<ul style="list-style-type: none"> • Line
2 minutes	<ul style="list-style-type: none"> • Alternating leg action on front 	<ul style="list-style-type: none"> • "Soft kicks" 	<ul style="list-style-type: none"> • Line
2 minutes	<ul style="list-style-type: none"> • Simultaneous leg action on front 	<ul style="list-style-type: none"> • "Kick like a frog" • "Kick like a dolphin" 	<ul style="list-style-type: none"> • Line
New Skills			
2 minutes	<ul style="list-style-type: none"> • Recover from a back float to a vertical position 	<ul style="list-style-type: none"> • "Head back" • "Tummy up" • "Put your feet down" 	<ul style="list-style-type: none"> • Line
5 minutes	<ul style="list-style-type: none"> • Back glide 	<ul style="list-style-type: none"> • "Tummy up" • "Stretch long" 	<ul style="list-style-type: none"> • Line
Game/Song			
2 minutes	<ul style="list-style-type: none"> • "London Bridge" 		
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 		<ul style="list-style-type: none"> • Circle

Day 4

Equipment		Reminders	
<ul style="list-style-type: none"> Swim bar floats Foam noodles Kickboards Too Much Sun Is No Fun poster 		<ul style="list-style-type: none"> Keep an eye out for any participant who is able to qualify for a badge. Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> Attendance Review last lesson 		<ul style="list-style-type: none"> Circle
Safety Topic			
2 minutes	<ul style="list-style-type: none"> Too Much Sun Is No Fun 		<ul style="list-style-type: none"> Circle
Opening Activity/Review Skills			
2 minutes	<ul style="list-style-type: none"> Follow the Leader 	<ul style="list-style-type: none"> “Bounce like Tigger” 	
1 minute	<ul style="list-style-type: none"> Recover from a back float to a vertical position 	<ul style="list-style-type: none"> “Head back, ears in the water” “Tummy up” “Put your feet down” 	<ul style="list-style-type: none"> Line
3 minutes	<ul style="list-style-type: none"> Back glide 	<ul style="list-style-type: none"> “Tummy up” “Stretch long” 	<ul style="list-style-type: none"> Line
New Skills			
4 minutes	<ul style="list-style-type: none"> Alternating leg action on back 	<ul style="list-style-type: none"> “Floppy feet” 	<ul style="list-style-type: none"> Line
4 minutes	<ul style="list-style-type: none"> Simultaneous leg action on back 	<ul style="list-style-type: none"> “Kick like a frog” “Kick like a dolphin” 	<ul style="list-style-type: none"> Line
4 minutes	<ul style="list-style-type: none"> Alternating arm action on front 	<ul style="list-style-type: none"> “Reach and pull” “Long arms” 	<ul style="list-style-type: none"> Stagger
4 minutes	<ul style="list-style-type: none"> Simultaneous arm action on front 	<ul style="list-style-type: none"> “Reach out, glide, pull water back” 	<ul style="list-style-type: none"> Stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> Simon Says 		<ul style="list-style-type: none"> Line at wall
Closing			
2 minutes	<ul style="list-style-type: none"> Thank participants for their attention and participation Offer positive reinforcement of what they did well Review lesson Announcements for next lesson 		<ul style="list-style-type: none"> Circle

Day 5

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards • Swim bar floats 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		<ul style="list-style-type: none"> • Circle
Safety Topic			
2 minutes	<ul style="list-style-type: none"> • Staying safe around water (review) 	<ul style="list-style-type: none"> • “What were the safe and unsafe environments?” 	<ul style="list-style-type: none"> • Circle, seated on deck
Opening Activity/Review Skills			
2 minutes	<ul style="list-style-type: none"> • Teeter Totter <ul style="list-style-type: none"> ○ Blow (bubbles) in (the water), breathe out (of the water) 	<ul style="list-style-type: none"> • “Blow in, breathe out” • “Hum” 	<ul style="list-style-type: none"> • Pairs in parallel lines
2 minutes	<ul style="list-style-type: none"> • Alternating arm action on front 	<ul style="list-style-type: none"> • “Reach and pull” • “Long arms” 	<ul style="list-style-type: none"> • Stagger
2 minutes	<ul style="list-style-type: none"> • Simultaneous arm action on front 	<ul style="list-style-type: none"> • “Reach out, glide, pull water back” 	<ul style="list-style-type: none"> • Stagger
New Skills			
4 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front 	<ul style="list-style-type: none"> • “Reach and pull” • “Kick, kick, kick” 	<ul style="list-style-type: none"> • Stagger
4 minutes	<ul style="list-style-type: none"> • Alternating arm action on back 	<ul style="list-style-type: none"> • “Reach back, push water to feet” 	<ul style="list-style-type: none"> • Stagger
4 minutes	<ul style="list-style-type: none"> • Simultaneous arm action on back 	<ul style="list-style-type: none"> • “Reach out, flap your wings” 	<ul style="list-style-type: none"> • Stagger
4 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on back 	<ul style="list-style-type: none"> • “Reach and pull” • “Kick, kick, kick” 	<ul style="list-style-type: none"> • Stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Sharks and Minnows 		
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 		<ul style="list-style-type: none"> • Circle

Day 6

Equipment		Reminders	
<ul style="list-style-type: none"> Swim bar floats Foam noodles Kickboards Beach ball 		<ul style="list-style-type: none"> Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> Attendance Review last lesson 		<ul style="list-style-type: none"> Circle
Safety Topic			
4 minutes	<ul style="list-style-type: none"> Recognizing an emergency 	<ul style="list-style-type: none"> “When in doubt, shout it out” 	
Opening Activity/Review Skills			
2 minutes	<ul style="list-style-type: none"> Teeter Totter 	<ul style="list-style-type: none"> “Blow in, breathe out” 	
2 minutes	<ul style="list-style-type: none"> Alternating arm action on back 	<ul style="list-style-type: none"> “Reach back, push water to feet” 	<ul style="list-style-type: none"> Stagger
2 minutes	<ul style="list-style-type: none"> Simultaneous arm action on back 	<ul style="list-style-type: none"> “Reach out, flap your wings” 	<ul style="list-style-type: none"> Stagger
2 minutes	<ul style="list-style-type: none"> Combined arm and leg actions on back 	<ul style="list-style-type: none"> “Reach and pull” “Kick, kick, kick” 	<ul style="list-style-type: none"> Stagger
New Skills			
4 minutes	<ul style="list-style-type: none"> Roll from front to back 	<ul style="list-style-type: none"> “Tuck the arms and flip” “Tummy up” 	<ul style="list-style-type: none"> Line, stagger
4 minutes	<ul style="list-style-type: none"> Roll from back to front 	<ul style="list-style-type: none"> “Look for the sky” “Look at the fish” 	<ul style="list-style-type: none"> Line, stagger
4 minutes	<ul style="list-style-type: none"> Treading water (arm and hand actions) 	<ul style="list-style-type: none"> “Direct the orchestra” 	<ul style="list-style-type: none"> Line, stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> Follow the Leader 		<ul style="list-style-type: none"> Line
Closing			
2 minutes	<ul style="list-style-type: none"> Thank participants for their attention and participation Offer positive reinforcement of what they did well Review lesson Announcements for next lesson 		<ul style="list-style-type: none"> Circle

Day 7

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Toy or nonworking telephone 		<ul style="list-style-type: none"> • Prepare completion cards to the extent possible. • Consider who qualifies to test for a badge, especially any participant who may not pass the level. • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • How to call for help 	<ul style="list-style-type: none"> • “9-1-1, phone” 	<ul style="list-style-type: none"> • Circle
Opening Activity/Review Skills			
5 minutes	<ul style="list-style-type: none"> • Treasure Hunt 		<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Front glide • Front glide with kick • Combined arm and leg actions on front 	<ul style="list-style-type: none"> • “Stretch long arms together” • “Hum and kick, kick, kick” • “Reach and pull and kick” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Back glide • Back glide with kick • Combined arm and leg actions on back 	<ul style="list-style-type: none"> • “Stretch long” • “Ears in the water” • “Tummy up and kick” • “Reach, pull and kick” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Roll from front to back 	<ul style="list-style-type: none"> • “Tuck the arms and flip” • “Tummy up” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Roll from back to front 	<ul style="list-style-type: none"> • “Look for the sky” • “Look at the fish” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Treading water (arm and hand actions) 	<ul style="list-style-type: none"> • “Direct the orchestra” 	<ul style="list-style-type: none"> • Line, stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Water Tag 		
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 		<ul style="list-style-type: none"> • Circle

Day 8

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards • Swim bar floats • Ping-Pong balls • Completion cards • Rewards for participants • Too Much Sun Is No Fun poster 		<ul style="list-style-type: none"> • Complete completion cards for presentation at the end of the lesson. • Ask participants for their achievement booklets for you to complete and sign. • Test participants for badges or award badges. (Some participants may have completed badge requirements and do not require a formal test.) • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		
Safety Topic			
2 minutes	<ul style="list-style-type: none"> • Too Much Sun Is No Fun (review) 	<ul style="list-style-type: none"> • “Ouch” 	<ul style="list-style-type: none"> • Circle
Opening Activity/Review Skills			
5 minutes	<ul style="list-style-type: none"> • Follow the Leader 		<ul style="list-style-type: none"> • Line
7 minutes	<ul style="list-style-type: none"> • Review all skills 		<ul style="list-style-type: none"> • Line, stagger
New Skills			
8 minutes	<ul style="list-style-type: none"> • Exit skills assessment: <ul style="list-style-type: none"> ○ Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water (children can walk, travel along the gutter or “swim”) ○ While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position 		<ul style="list-style-type: none"> • Line, stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Big Bad Wolf Race 		<ul style="list-style-type: none"> • 2 lines

Day 8 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Closing			
4 minutes	<ul style="list-style-type: none">• Congratulate participants on their success and progress• Complete and sign any achievement booklets and distribute completion cards• Encourage participants and their parents to sign up for the next session	<ul style="list-style-type: none">• “Thank you”• “Keep practicing what you’ve learned”• “What to sign up for”	<ul style="list-style-type: none">• Circle