



**American  
Red Cross**

## **SAMPLE BLOCK AND LESSON PLANS**

# Preschool Aquatics Level 2

**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 2

Day 1	Day 2	Day 3	Day 4
<b>Safety Topic</b> <ul style="list-style-type: none"> <li>Staying safe around water</li> </ul>	<b>Safety Topic</b> <ul style="list-style-type: none"> <li>Recognizing the lifeguards</li> </ul>	<b>Safety Topic</b> <ul style="list-style-type: none"> <li>Don't Just Pack It, Wear Your Jacket</li> </ul>	<b>Safety Topic</b> <ul style="list-style-type: none"> <li>Recognizing an emergency</li> </ul>
<b>Opening Activities/ Review Skills</b> <ul style="list-style-type: none"> <li>Wave (submerge fully and blow bubbles)</li> <li>Exit skills assessment Level 1</li> </ul>	<b>Opening Activities/ Review Skills</b> <ul style="list-style-type: none"> <li>Ring Around the Rosie</li> <li>Enter water by stepping from the side</li> <li>Exit water using ladder, steps or side safely at the side</li> <li>Bobs</li> <li>Front glide with face in and recover independently</li> <li>Front float with support</li> </ul>	<b>Opening Activities/ Review Skills</b> <ul style="list-style-type: none"> <li>"London Bridge"</li> <li>Open eyes underwater, pick up a submerged object</li> <li>Back glide and recover</li> <li>Back float</li> </ul>	<b>Opening Activities/ Review Skills</b> <ul style="list-style-type: none"> <li>Washing Machine</li> <li>Front glide and recover</li> <li>Front float with support</li> <li>Combined arm and leg actions on front</li> </ul>
<b>New Skills</b> <ul style="list-style-type: none"> <li>Enter water by stepping from the side</li> <li>Exit water safely at the side</li> <li>Bobs</li> <li>Front glide with face in and recover independently</li> <li>Front float with support</li> </ul>	<b>New Skills</b> <ul style="list-style-type: none"> <li>Open eyes underwater, pick up a submerged object</li> <li>Back glide and recover</li> <li>Back float</li> </ul>	<b>New Skills</b> <ul style="list-style-type: none"> <li>Combined arm and leg actions on front</li> </ul>	<b>New Skills</b> <ul style="list-style-type: none"> <li>Combined arm and leg actions on back</li> </ul>
<b>Game/Song</b> <ul style="list-style-type: none"> <li>Blow the Cork</li> </ul>	<b>Game/Song</b> <ul style="list-style-type: none"> <li>Hot Ball</li> </ul>	<b>Game/Song</b> <ul style="list-style-type: none"> <li>Treasure Hunt</li> </ul>	<b>Game/Song</b> <ul style="list-style-type: none"> <li>"Hokey, Pokey"</li> </ul>
<b>Equipment</b> <ul style="list-style-type: none"> <li><i>Swim Lessons Achievement Booklets</i>, as needed</li> <li>Preschool Aquatics Level 2 newsletters</li> <li>Ping-Pong or ball-pit balls</li> <li>Kickboards</li> <li>Foam noodles</li> <li>Swim bar floats</li> </ul>	<b>Equipment</b> <ul style="list-style-type: none"> <li>Submersible water toys</li> <li>Kickboards</li> <li>Foam noodles</li> <li>Swim bar floats</li> <li>Beach ball</li> </ul>	<b>Equipment</b> <ul style="list-style-type: none"> <li>Kickboards</li> <li>Foam noodles</li> <li>Swim bar floats</li> <li>Life jackets</li> </ul>	<b>Equipment</b> <ul style="list-style-type: none"> <li>Kickboards</li> <li>Foam noodles</li> <li>Swim bar floats</li> </ul>

## SAMPLE BLOCK PLAN (Continued)

Day 5	Day 6	Day 7	Day 8
<b>Safety Topic</b> <ul style="list-style-type: none"> <li>How to call for help</li> </ul>	<b>Safety Topic</b> <ul style="list-style-type: none"> <li>Too Much Sun Is No Fun</li> </ul>	<b>Safety Topic</b> <ul style="list-style-type: none"> <li>Staying safe around water (review)</li> </ul>	<b>Safety Topic</b> <ul style="list-style-type: none"> <li>Don't Just Pack It, Wear Your Jacket (review)</li> </ul>
<b>Opening Activity/ Review Skills</b> <ul style="list-style-type: none"> <li>Combined arm and leg actions on back</li> </ul>	<b>Opening Activity/ Review Skills</b> <ul style="list-style-type: none"> <li>Teeter Totter</li> <li>Open eyes underwater and pick up submerged objects</li> <li>Front glide and recover</li> <li>Front float</li> <li>Combined arm and leg actions on front</li> </ul>	<b>Opening Activity/ Review Skills</b> <ul style="list-style-type: none"> <li>Follow the Leader</li> <li>Combined arm and leg actions on back</li> <li>Treading water using arm and leg actions</li> </ul>	<b>Opening Activity/ Review Skills</b> <ul style="list-style-type: none"> <li>Bounce across the swim lesson area and back while practicing rhythmic breathing</li> <li>Review all skills</li> </ul>
<b>New Skills</b> <ul style="list-style-type: none"> <li>Finning arm actions on back</li> <li>Roll from front to back</li> <li>Roll from back to front</li> </ul>	<b>New Skills</b> <ul style="list-style-type: none"> <li>Treading water using arm and leg actions</li> </ul>	<b>New Skills</b> <ul style="list-style-type: none"> <li>Practice exit skills assessment</li> </ul>	<b>New Skills</b> <ul style="list-style-type: none"> <li>Exit skills assessment</li> </ul>
<b>Game/Song</b> <ul style="list-style-type: none"> <li>Sharks and Minnows</li> </ul>	<b>Game/Song</b> <ul style="list-style-type: none"> <li>Simon Says</li> </ul>	<b>Game/Song</b> <ul style="list-style-type: none"> <li>"Hokey Pokey"</li> </ul>	<b>Game/Song</b> <ul style="list-style-type: none"> <li>Water Tag</li> </ul>
<b>Equipment</b> <ul style="list-style-type: none"> <li>Kickboards</li> <li>Swim bar floats</li> <li>Toy or nonworking telephone</li> </ul>	<b>Equipment</b> <ul style="list-style-type: none"> <li>Submersible water toys</li> <li>Swim bar floats</li> <li>Foam noodles</li> <li>Kickboards</li> <li>Too Much Sun Is No Fun poster</li> </ul>	<b>Equipment</b>	<b>Equipment</b> <ul style="list-style-type: none"> <li>Life jackets</li> <li>Achievement booklets</li> <li>Completion cards</li> <li>Rewards for participants</li> <li>Don't Just Pack It, Wear Your Jacket poster</li> </ul>

# SAMPLE LESSON PLANS



## Preschool Aquatics Level 2

**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"> <li>• <i>Swim Lessons Achievement Booklets</i></li> <li>• Preschool Aquatics Level 2 newsletters</li> <li>• Ping-Pong or ball-pit balls</li> <li>• Kickboards</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> </ul>		<ul style="list-style-type: none"> <li>• Distribute one <i>Swim Lessons Achievement Booklet</i> to each participant, as needed.</li> <li>• Distribute newsletters to participants and/or their parents.</li> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner.</li> </ul>	
Time	Activity	Key Words/Phrases	Class Organization
<b>Housekeeping</b>			
4 minutes	<ul style="list-style-type: none"> <li>• Introduce yourself and ask participants for their names</li> <li>• Show designated lesson area</li> <li>• Explain basic rules</li> </ul>	<ul style="list-style-type: none"> <li>• “Safe”</li> <li>• “No running”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle, seated on deck</li> </ul>
<b>Safety Topic</b>			
3 minutes	<ul style="list-style-type: none"> <li>• Staying safe around water</li> </ul>		<ul style="list-style-type: none"> <li>• Circle, seated on deck</li> </ul>
<b>Opening Activity/Review Skills</b>			
3 minutes	<ul style="list-style-type: none"> <li>• Wave (submerge fully and blow bubbles)</li> </ul>	<ul style="list-style-type: none"> <li>• “Hum”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle in water</li> </ul>
5 minutes	<ul style="list-style-type: none"> <li>• Exit skills assessment Level 1</li> </ul>	<ul style="list-style-type: none"> <li>• “Show me what you can do”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
<b>New Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Enter water by stepping in from side</li> <li>• Exit water using ladder, steps or side</li> </ul>	<ul style="list-style-type: none"> <li>• “Careful”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Bobs</li> </ul>	<ul style="list-style-type: none"> <li>• “Teeter totter”</li> <li>• “Hum”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Front glide and recover                             <ul style="list-style-type: none"> <li>○ Independently, face in water</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Superman, turtle, stand”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Front float                             <ul style="list-style-type: none"> <li>○ With support</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Relax, take a nap”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>

**Day 1 (Continued)**

<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Game/Song</b>			
3 minutes	<ul style="list-style-type: none"><li>• Blow the Cork<ul style="list-style-type: none"><li>○ Use Ping-Pong balls and have participants race to the side of the pool</li></ul></li></ul>	<ul style="list-style-type: none"><li>• “Fast”</li></ul>	<ul style="list-style-type: none"><li>• Single line, in water, 10 feet away from the side of the pool</li></ul>
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"><li>• Thank participants for their attention and participation</li><li>• Offer positive reinforcement of what they did well</li><li>• Review lesson</li><li>• Announcements for next lesson</li></ul>	<ul style="list-style-type: none"><li>• “Great job today”</li></ul>	<ul style="list-style-type: none"><li>• Circle</li></ul>

## Day 2

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Submersible water toys</li> <li>• Kickboards</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> <li>• Beach ball</li> </ul>		<ul style="list-style-type: none"> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> <li>• Review last lesson</li> </ul>		
<b>Safety Topic</b>			
4 minutes	<ul style="list-style-type: none"> <li>• Recognizing the lifeguards</li> </ul>	<ul style="list-style-type: none"> <li>• “Lifeguard chair”</li> <li>• “Zone”</li> <li>• “Rescue tube”</li> <li>• “Uniform”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle, on deck</li> </ul>
<b>Opening Activity/Review Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Ring Around the Rosies               <ul style="list-style-type: none"> <li>○ On “All fall down” have participant go straight down, then face-down</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Hum”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle in water</li> </ul>
1 minute	<ul style="list-style-type: none"> <li>• Enter water by stepping in from side</li> <li>• Exit water using ladder, steps or side</li> </ul>	<ul style="list-style-type: none"> <li>• “Safe”</li> </ul>	
1 minute	<ul style="list-style-type: none"> <li>• Bobs</li> </ul>	<ul style="list-style-type: none"> <li>• “Teeter totter”</li> </ul>	
2 minutes	<ul style="list-style-type: none"> <li>• Front glide and recover               <ul style="list-style-type: none"> <li>○ Independently, face in water</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Superman, turtle, stand”</li> </ul>	
2 minutes	<ul style="list-style-type: none"> <li>• Front float               <ul style="list-style-type: none"> <li>○ With support</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Relax”</li> <li>• “Lie down”</li> </ul>	
<b>New Skills</b>			
3 minutes	<ul style="list-style-type: none"> <li>• Pick up submerged objects—open eyes underwater</li> </ul>	<ul style="list-style-type: none"> <li>• “Look for it”</li> </ul>	<ul style="list-style-type: none"> <li>• Wave</li> </ul>
5 minutes	<ul style="list-style-type: none"> <li>• Back glide and recover</li> </ul>	<ul style="list-style-type: none"> <li>• “Tummy up, look for the flags”</li> <li>• “Put your feet down”</li> <li>• “Stand up”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Back float</li> </ul>	<ul style="list-style-type: none"> <li>• “Tummy up, chin up”</li> <li>• “Relax”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
<b>Game/Song</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Hot Ball</li> </ul>		<ul style="list-style-type: none"> <li>• 2 teams</li> </ul>
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for trying hard</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>	<ul style="list-style-type: none"> <li>• “Good job”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>

## Day 3

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Kickboards</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> <li>• Life jackets</li> </ul>		<ul style="list-style-type: none"> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> <li>• Review last lesson</li> </ul>		
<b>Safety Topic</b>			
4 minutes	<ul style="list-style-type: none"> <li>• Don’t Just Pack It, Wear Your Jacket</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Opening Activity/Review Skills</b>			
5 minutes	<ul style="list-style-type: none"> <li>• “London Bridge”</li> </ul>		<ul style="list-style-type: none"> <li>• Circle in water</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Pick-up submerged objects—open eyes under water</li> </ul>	<ul style="list-style-type: none"> <li>• “Look for the toy. Can you see it?”</li> </ul>	<ul style="list-style-type: none"> <li>• Wave</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Back glide and recover</li> </ul>	<ul style="list-style-type: none"> <li>• “Tummy up, look for the flags”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Back float</li> </ul>	<ul style="list-style-type: none"> <li>• “Tummy up, chin up”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
<b>New Skills</b>			
5 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on front</li> </ul>	<ul style="list-style-type: none"> <li>• “Pull and kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Wave</li> </ul>
<b>Game/Song</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Treasure Hunt</li> </ul>		
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for good effort</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>

## Day 4

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Kickboards</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> </ul>		<ul style="list-style-type: none"> <li>• Keep an eye out for any participant who is able to qualify for a badge.</li> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> <li>• Review last lesson</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Safety Topic</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Recognizing an emergency</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Opening Activity/Review Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Washing Machine               <ul style="list-style-type: none"> <li>○ On the “agitate cycle,” have participants move back and forth</li> <li>○ On the “spin cycle” have participants quickly spin around then let go of the wall and float on backs</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Circle in water</li> </ul>
5 minutes	<ul style="list-style-type: none"> <li>• Front glide and recover               <ul style="list-style-type: none"> <li>○ Independently, face in water</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Superman, turtle, stand”</li> <li>• “Hum”</li> </ul>	
5 minutes	<ul style="list-style-type: none"> <li>• Front float with support</li> </ul>	<ul style="list-style-type: none"> <li>• “Relax”</li> </ul>	
5 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on front</li> </ul>	<ul style="list-style-type: none"> <li>• “Reach, pull”</li> <li>• “Kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Wave</li> </ul>
<b>New Skills</b>			
5 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on back</li> </ul>	<ul style="list-style-type: none"> <li>• “Gentle rain kicks”</li> <li>• “Reach and pull”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
<b>Game/Song</b>			
2 minutes	<ul style="list-style-type: none"> <li>• “Hokey Pokey”</li> </ul>		<ul style="list-style-type: none"> <li>• Circle in water</li> </ul>
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for their attention and participation</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>



## Day 5

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Kickboards</li> <li>• Swim bar floats</li> <li>• Toy or nonworking telephone</li> </ul>		<ul style="list-style-type: none"> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> <li>• Review last lesson</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Safety Topic/Review Skills</b>			
4 minutes	<ul style="list-style-type: none"> <li>• How to call for help</li> </ul>	<ul style="list-style-type: none"> <li>• “Phone”</li> <li>• “9-1-1”</li> <li>• “Icon”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle, seated on deck</li> </ul>
5 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on back</li> </ul>	<ul style="list-style-type: none"> <li>• “Gentle rain kicks”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
<b>New Skills</b>			
15 minutes	<ul style="list-style-type: none"> <li>• Finning arm action on back</li> <li>• Roll from front to back</li> <li>• Roll from back to front</li> </ul>	<ul style="list-style-type: none"> <li>• “Elbows at sides”</li> <li>• “Feel the pressure on your palms”</li> <li>○ “Flap your wings”</li> <li>○ “Look at the sky”</li> <li>○ “Look at the fish”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
<b>Game/Song</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Sharks and Minnows</li> </ul>		
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for trying hard</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>

## Day 6

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Submersible water toys</li> <li>• Swim bar floats</li> <li>• Foam noodles</li> <li>• Kickboards</li> <li>• Too Much Sun Is No Fun poster</li> </ul>		<ul style="list-style-type: none"> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> <li>• Review last lesson</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Safety Topic</b>			
4 minutes	<ul style="list-style-type: none"> <li>• Too Much Sun Is No Fun</li> </ul>	<ul style="list-style-type: none"> <li>• “When in doubt, shout it out”</li> </ul>	
<b>Opening Activity/Review Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Teeter Totter</li> <li>• Blow (bubbles) in (the water), breathe out (of the water)</li> </ul>	<ul style="list-style-type: none"> <li>• “Blow in, breathe out”</li> <li>• “Hum”</li> </ul>	<ul style="list-style-type: none"> <li>• Pairs in parallel lines</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Pick up submerged objects—open eyes under water</li> </ul>	<ul style="list-style-type: none"> <li>• “Get the toys”</li> </ul>	<ul style="list-style-type: none"> <li>• Wave</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Front glide and recover—face in water</li> </ul>	<ul style="list-style-type: none"> <li>• “Superman, turtle, stand”</li> <li>• “Put your feet down”</li> </ul>	
4 minutes	<ul style="list-style-type: none"> <li>• Front float</li> </ul>	<ul style="list-style-type: none"> <li>• “Relax”</li> </ul>	
4 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on front</li> </ul>	<ul style="list-style-type: none"> <li>• “Reach and pull and kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Wave</li> </ul>
<b>New Skills</b>			
5 minutes	<ul style="list-style-type: none"> <li>• Treading water using arms and leg actions</li> </ul>	<ul style="list-style-type: none"> <li>• “Ride a wide bike up a big hill”</li> </ul>	<ul style="list-style-type: none"> <li>• Wave</li> </ul>
<b>Game/Song</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Simon Says</li> </ul>		<ul style="list-style-type: none"> <li>• Line at wall</li> </ul>
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for making an effort</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>

## Day 7

Equipment		Reminders	
Time	Activity	Key Words/Phrases	Class Organization
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> <li>• Review last lesson</li> </ul>		
<b>Safety Topic</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Staying safe in water (review)</li> </ul>	<ul style="list-style-type: none"> <li>• “What is safe?”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Opening Activity/Review Skills</b>			
5 minutes	<ul style="list-style-type: none"> <li>• Follow the Leader</li> </ul>		<ul style="list-style-type: none"> <li>• Wave</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on back</li> </ul>	<ul style="list-style-type: none"> <li>• “Gentle rain kicks”</li> <li>• “Reach and pull”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Treading water using arms and leg actions</li> </ul>	<ul style="list-style-type: none"> <li>• “Ride a wide bike up a big hill”</li> <li>• “Soft and easy”</li> </ul>	<ul style="list-style-type: none"> <li>• Wave</li> </ul>
<b>New Skills</b>			
10 minutes	<ul style="list-style-type: none"> <li>• Practice exit skills assessment:               <ul style="list-style-type: none"> <li>○ Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position</li> <li>○ Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position</li> <li>○ Swim using a combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Stagger</li> </ul>

**Day 7 (Continued)**

<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Game/Song</b>			
2 minutes	<ul style="list-style-type: none"><li>• “Hokey Pokey”</li></ul>		
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"><li>• Thank participants for their attention and participation</li><li>• Offer positive reinforcement of what they did well</li><li>• Review lesson</li><li>• Announcements for next lesson</li></ul>		<ul style="list-style-type: none"><li>• Circle</li></ul>

## Day 8

Equipment		Reminders	
<ul style="list-style-type: none"> <li>• Life jackets</li> <li>• Completion cards</li> <li>• Rewards for participants</li> <li>• Don't Just Pack It, Wear Your Jacket poster</li> </ul>		<ul style="list-style-type: none"> <li>• Complete completion cards for presentation at the end of the lesson.</li> <li>• Ask participants for their achievement booklets for you to complete and sign.</li> <li>• Test participants for badges or award badges. (Some participants may have completed badge requirements and do not require a formal test.)</li> <li>• Review "Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes" and "Teaching Activities, Drills and Games" on Instructor's Corner.</li> </ul>	
Time	Activity	Key Words/Phrases	Class Organization
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> <li>• Review last lesson</li> </ul>		
<b>Safety Topic</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Don't Just Pack It, Wear Your Jacket (review)</li> </ul>	<ul style="list-style-type: none"> <li>• "When do you wear your jacket?"</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Opening Activity/Review Skills</b>			
5 minutes	<ul style="list-style-type: none"> <li>• Bounce across the swim lesson area and back while practicing rhythmic breathing</li> </ul>	<ul style="list-style-type: none"> <li>• "Hop away and hop back here"</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
7 minutes	<ul style="list-style-type: none"> <li>• Review all skills</li> </ul>		<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
8 minutes	<ul style="list-style-type: none"> <li>• Exit skills assessment:               <ul style="list-style-type: none"> <li>○ Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position</li> <li>○ Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position</li> <li>○ Swim using a combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
<b>Game/Song</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Water Tag</li> </ul>		

## Day 8 (Continued)

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