



**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**

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

# 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"> <li>Swim Lessons Achievement Booklets</li> <li>Preschool Aquatics Level 1 newsletters</li> <li>Ping-Pong or ball-pit balls</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>			
5 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>Recognizing the lifeguards</li> </ul>		<ul style="list-style-type: none"> <li>Circle, seated on deck</li> </ul>
<b>Opening Activity</b>			
5 minutes	<ul style="list-style-type: none"> <li>While seated on the edge of the pool, kick legs to make it “rain” on the instructor</li> </ul>	<ul style="list-style-type: none"> <li>“Make it rain”</li> </ul>	<ul style="list-style-type: none"> <li>L-formation</li> </ul>
<b>New Skills</b>			
5 minutes	<ul style="list-style-type: none"> <li>Enter and exit water                             <ul style="list-style-type: none"> <li>Explain and demonstrate using the ramp, steps or side to enter the pool and the ladder, steps or side to exit the pool</li> <li>Enter using the ramp, steps or side</li> <li>Exit using the ladder, steps or side</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>“Careful, safely”</li> </ul>	<ul style="list-style-type: none"> <li>L-formation then stagger</li> </ul>

**Day 1 (Continued)**

Time	Activity	Key Words/Phrases	Class Organization
<b>New Skills (continued)</b>			
5 minutes	<ul style="list-style-type: none"> <li>• Blowing bubbles through the mouth and nose</li> <li>• Blow Ping-Pong ball back and forth to each other</li> <li>• Look down slightly, then submerge to nose and blow bubbles for the count of 3 (repeat 3 times)</li> <li>• Submerge past eyebrows and blow bubbles for the count of 3 (repeat 3 times)</li> </ul>	<ul style="list-style-type: none"> <li>• “Blow the ball back and forth”</li> <li>• “Hum”</li> <li>• “Hum”</li> </ul>	<ul style="list-style-type: none"> <li>• Parallel lines, swimmers paired-off</li> </ul>
<b>Game/Song</b>			
5 minutes	<ul style="list-style-type: none"> <li>• Blow the Cork</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>• “Good job”</li> <li>• “Great bubbles”</li> <li>• “Fantastic humming”</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>• Swim bar floats</li> <li>• Foam noodles</li> <li>• Kickboards</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>			
5 minutes	<ul style="list-style-type: none"> <li>• Staying safe around water</li> </ul>	<ul style="list-style-type: none"> <li>• “What areas are safe?”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle, on desk</li> </ul>
<b>Opening Activity/Review Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Ease-in, wiggle and splash for the count of 10 then blow bubbles for the count of 5</li> </ul>	<ul style="list-style-type: none"> <li>• “Pretend that you are a balloon that has been popped and wiggle and splash”</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
<b>New Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Open eyes underwater and retrieve submerged object</li> </ul>	<ul style="list-style-type: none"> <li>• “Open your eyes”</li> <li>• “Look for the toy”</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
5 minutes	<ul style="list-style-type: none"> <li>• Front glide</li> </ul>	<ul style="list-style-type: none"> <li>• “Fly like Superman”</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Recover from a front glide to a vertical position</li> </ul>	<ul style="list-style-type: none"> <li>• “Feet down”</li> <li>• “Stand up”</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Alternating leg action on front</li> </ul>	<ul style="list-style-type: none"> <li>• “Soft kick, long legs”</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Simultaneous leg action on front</li> </ul>	<ul style="list-style-type: none"> <li>• “Kick like a frog”</li> <li>• “Kick like a dolphin”</li> </ul>	<ul style="list-style-type: none"> <li>• Line</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 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 3

<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>• Life jackets</li> <li>• Don't Just Pack It, Wear Your Jacket 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" 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>			
5 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>• Ring Around the Rosie               <ul style="list-style-type: none"> <li>○ Demonstrate back float by substituting "all fall back (float)" for "all fall down"</li> <li>○ Back float (3 seconds)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• "Head back"</li> <li>• "Ears in the water"</li> <li>• "Look at the sky"</li> </ul>	<ul style="list-style-type: none"> <li>• Circle in water</li> </ul>
1 minute	<ul style="list-style-type: none"> <li>• Open eyes underwater and retrieve submerged object</li> </ul>	<ul style="list-style-type: none"> <li>• "Open your eyes"</li> <li>• "Look for the toys"</li> </ul>	
2 minutes	<ul style="list-style-type: none"> <li>• Front glide and recover to a vertical position</li> </ul>	<ul style="list-style-type: none"> <li>• "Fly like Superman"</li> <li>• "Put your feet down"</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Alternating leg action on front</li> </ul>	<ul style="list-style-type: none"> <li>• "Soft kicks"</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Simultaneous leg action on front</li> </ul>	<ul style="list-style-type: none"> <li>• "Kick like a frog"</li> <li>• "Kick like a dolphin"</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
<b>New Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Recover from a back float to a vertical position</li> </ul>	<ul style="list-style-type: none"> <li>• "Head back"</li> <li>• "Tummy up"</li> <li>• "Put your feet down"</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
5 minutes	<ul style="list-style-type: none"> <li>• Back glide</li> </ul>	<ul style="list-style-type: none"> <li>• "Tummy up"</li> <li>• "Stretch long"</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
<b>Game/Song</b>			
2 minutes	<ul style="list-style-type: none"> <li>• "London Bridge"</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 4

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <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>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” 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>Too Much Sun Is No Fun</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>Follow the Leader</li> </ul>	<ul style="list-style-type: none"> <li>“Bounce like Tigger”</li> </ul>	
1 minute	<ul style="list-style-type: none"> <li>Recover from a back float to a vertical position</li> </ul>	<ul style="list-style-type: none"> <li>“Head back, ears in the water”</li> <li>“Tummy up”</li> <li>“Put your feet down”</li> </ul>	<ul style="list-style-type: none"> <li>Line</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>Back glide</li> </ul>	<ul style="list-style-type: none"> <li>“Tummy up”</li> <li>“Stretch long”</li> </ul>	<ul style="list-style-type: none"> <li>Line</li> </ul>
<b>New Skills</b>			
4 minutes	<ul style="list-style-type: none"> <li>Alternating leg action on back</li> </ul>	<ul style="list-style-type: none"> <li>“Floppy feet”</li> </ul>	<ul style="list-style-type: none"> <li>Line</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>Simultaneous leg action on back</li> </ul>	<ul style="list-style-type: none"> <li>“Kick like a frog”</li> <li>“Kick like a dolphin”</li> </ul>	<ul style="list-style-type: none"> <li>Line</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>Alternating arm action on front</li> </ul>	<ul style="list-style-type: none"> <li>“Reach and pull”</li> <li>“Long arms”</li> </ul>	<ul style="list-style-type: none"> <li>Stagger</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>Simultaneous arm action on front</li> </ul>	<ul style="list-style-type: none"> <li>“Reach out, glide, pull water back”</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>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 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> </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</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Staying safe around water (review)</li> </ul>	<ul style="list-style-type: none"> <li>• “What were the safe and unsafe environments?”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle, seated on deck</li> </ul>
<b>Opening Activity/Review Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Teeter Totter               <ul style="list-style-type: none"> <li>○ Blow (bubbles) in (the water), breathe out (of the water)</li> </ul> </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>• Alternating arm action on front</li> </ul>	<ul style="list-style-type: none"> <li>• “Reach and pull”</li> <li>• “Long arms”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Simultaneous arm action on front</li> </ul>	<ul style="list-style-type: none"> <li>• “Reach out, glide, pull water back”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
<b>New Skills</b>			
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”</li> <li>• “Kick, kick, kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Alternating arm action on back</li> </ul>	<ul style="list-style-type: none"> <li>• “Reach back, push water to feet”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Simultaneous arm action on back</li> </ul>	<ul style="list-style-type: none"> <li>• “Reach out, flap your wings”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</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>• “Reach and pull”</li> <li>• “Kick, kick, kick”</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 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 6

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>Swim bar floats</li> <li>Foam noodles</li> <li>Kickboards</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>		<ul style="list-style-type: none"> <li>Circle</li> </ul>
<b>Safety Topic</b>			
4 minutes	<ul style="list-style-type: none"> <li>Recognizing an emergency</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> </ul>	<ul style="list-style-type: none"> <li>“Blow in, breathe out”</li> </ul>	
2 minutes	<ul style="list-style-type: none"> <li>Alternating arm action on back</li> </ul>	<ul style="list-style-type: none"> <li>“Reach back, push water to feet”</li> </ul>	<ul style="list-style-type: none"> <li>Stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>Simultaneous arm action on back</li> </ul>	<ul style="list-style-type: none"> <li>“Reach out, flap your wings”</li> </ul>	<ul style="list-style-type: none"> <li>Stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>Combined arm and leg actions on back</li> </ul>	<ul style="list-style-type: none"> <li>“Reach and pull”</li> <li>“Kick, kick, kick”</li> </ul>	<ul style="list-style-type: none"> <li>Stagger</li> </ul>
<b>New Skills</b>			
4 minutes	<ul style="list-style-type: none"> <li>Roll from front to back</li> </ul>	<ul style="list-style-type: none"> <li>“Tuck the arms and flip”</li> <li>“Tummy up”</li> </ul>	<ul style="list-style-type: none"> <li>Line, stagger</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>Roll from back to front</li> </ul>	<ul style="list-style-type: none"> <li>“Look for the sky”</li> <li>“Look at the fish”</li> </ul>	<ul style="list-style-type: none"> <li>Line, stagger</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>Treading water (arm and hand actions)</li> </ul>	<ul style="list-style-type: none"> <li>“Direct the orchestra”</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>Follow the Leader</li> </ul>		<ul style="list-style-type: none"> <li>Line</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 7

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Water toys</li> <li>• Toy or nonworking telephone</li> </ul>		<ul style="list-style-type: none"> <li>• Prepare completion cards to the extent possible.</li> <li>• Consider who qualifies to test for a badge, especially any participant who may not pass the level.</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>		
<b>Safety Topic</b>			
4 minutes	<ul style="list-style-type: none"> <li>• How to call for help</li> </ul>	<ul style="list-style-type: none"> <li>• “9-1-1, phone”</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>• Treasure Hunt</li> </ul>		<ul style="list-style-type: none"> <li>• Wave</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Front glide</li> <li>• Front glide with kick</li> <li>• Combined arm and leg actions on front</li> </ul>	<ul style="list-style-type: none"> <li>• “Stretch long arms together”</li> <li>• “Hum and kick, kick, kick”</li> <li>• “Reach and pull and kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Back glide</li> <li>• Back glide with kick</li> <li>• Combined arm and leg actions on back</li> </ul>	<ul style="list-style-type: none"> <li>• “Stretch long”</li> <li>• “Ears in the water”</li> <li>• “Tummy up and kick”</li> <li>• “Reach, pull and kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Roll from front to back</li> </ul>	<ul style="list-style-type: none"> <li>• “Tuck the arms and flip”</li> <li>• “Tummy up”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Roll from back to front</li> </ul>	<ul style="list-style-type: none"> <li>• “Look for the sky”</li> <li>• “Look at the fish”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Treading water (arm and hand actions)</li> </ul>	<ul style="list-style-type: none"> <li>• “Direct the orchestra”</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>		
<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>• Kickboards</li> <li>• Swim bar floats</li> <li>• Ping-Pong balls</li> <li>• Completion cards</li> <li>• Rewards for participants</li> <li>• Too Much Sun Is No Fun 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>• Too Much Sun Is No Fun (review)</li> </ul>	<ul style="list-style-type: none"> <li>• “Ouch”</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>• 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>
<b>New Skills</b>			
8 minutes	<ul style="list-style-type: none"> <li>• Exit skills assessment:               <ul style="list-style-type: none"> <li>○ 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”)</li> <li>○ 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</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>• Big Bad Wolf Race</li> </ul>		<ul style="list-style-type: none"> <li>• 2 lines</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>• Complete and sign any achievement booklets and distribute completion cards</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>