



**American
Red Cross**

SAMPLE BLOCK AND LESSON PLANS

Learn-to-Swim Level 6—Personal Water Safety

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, Swimming and Diving Skills DVD, Teaching Swimming and Water Safety DVD, Longfellow's WHALE Tales K–6 Educational Packet, Instructor's Corner*

Learn-to-Swim Level 6—Personal Water Safety

Day 1	Day 2	Day 3	Day 4
<p>Safety Topic</p> <ul style="list-style-type: none"> Reach or Throw, Don't Go—reaching assists 	<p>Safety Topic</p> <ul style="list-style-type: none"> Think Twice Before Going Near Cold Water or Ice—staying safe around ice 	<p>Safety Topic</p> <ul style="list-style-type: none"> Swim as a Pair Near a Lifeguard's Chair 	<p>Safety Topic</p> <ul style="list-style-type: none"> Think So You Don't Sink
<p>Review Skills</p> <ul style="list-style-type: none"> Name game Bobs Exit skills assessment Level 5 Pike surface dive Tuck surface dive Front crawl open turn 	<p>Review Skills</p> <ul style="list-style-type: none"> Backstroke open turn Front flip turn 	<p>Review Skills</p> <ul style="list-style-type: none"> Backstroke flip turn Feetfirst surface dive and retrieve an object from a depth of 7 to 10 feet 	<p>Review Skills</p> <ul style="list-style-type: none"> Pike or tuck surface dive and retrieve an object from a depth of 7 to 10 feet
<p>New Skills</p> <ul style="list-style-type: none"> Tread water, kicking only Back float Stroke drills 	<p>New Skills</p> <ul style="list-style-type: none"> Survival float Feetfirst surface dive and retrieve an object from a depth of 7 to 10 feet Stroke drills 	<p>New Skills</p> <ul style="list-style-type: none"> Breaststroke turn Tread water, kicking only Back float Pike or tuck surface dive and retrieve an object from a depth of 7 to 10 feet Stroke drills 	<p>New Skills</p> <ul style="list-style-type: none"> Butterfly turn Sidestroke turn Survival float Survival swimming Swimming while clothed Stroke drills
<p>Game</p> <ul style="list-style-type: none"> Mermaid Croquet 	<p>Game</p> <ul style="list-style-type: none"> Tommy Over the Water 	<p>Game</p> <ul style="list-style-type: none"> Sharks and Minnows 	<p>Game</p> <ul style="list-style-type: none"> Water Polo Crawl
<p>Equipment</p> <ul style="list-style-type: none"> <i>Swim Lessons Achievement Booklets</i>, as needed Level 6 newsletters Reaching equipment, such as reaching poles, rescue tubes and shepherd's crooks Reach or Throw, Don't Go poster 	<p>Equipment</p> <ul style="list-style-type: none"> Objects to retrieve Think Twice Before Going Near Cold Water or Ice poster 	<p>Equipment</p> <ul style="list-style-type: none"> Kickboards Beach ball Objects to retrieve Swim as a Pair Near a Lifeguard's Chair poster 	<p>Equipment</p> <ul style="list-style-type: none"> Objects to retrieve Long pants (jeans or nylon pants), long-sleeved button-up shirt or nylon zipped jacket and shoes Soft foam ball Think So You Don't Sink poster

SAMPLE BLOCK PLAN (Continued)

Day 5	Day 6	Day 7	Day 8
Safety Topic <ul style="list-style-type: none"> • Don't Just Pack It, Wear Your Jacket 	Safety Topic <ul style="list-style-type: none"> • Know About Boating Before You Go Floating 	Safety Topic <ul style="list-style-type: none"> • How to call for help and the importance of knowing first aid and CPR 	Safety Topic <ul style="list-style-type: none"> • Wave, Tide or Ride, Follow the Guide
Review Skills <ul style="list-style-type: none"> • HELP position • Huddle position 	Review Skills <ul style="list-style-type: none"> • Pike or tuck surface dive and retrieve an object from a depth of 7 to 10 feet • Survival swimming • Tread water, kicking only 	Review Skills <ul style="list-style-type: none"> • Front flip turn • Backstroke flip turn 	Review Skills <ul style="list-style-type: none"> • Survival swimming • Breaststroke turn • Butterfly turn
New Skills <ul style="list-style-type: none"> • Survival swimming • Tread water, kicking only • Stroke drills 	New Skills <ul style="list-style-type: none"> • Part 2 of exit skills assessment • Stroke drills 	New Skills <ul style="list-style-type: none"> • Part 3 of exit skills assessment • Stroke drills 	New Skills <ul style="list-style-type: none"> • Part 1 of exit skills assessment
Game <ul style="list-style-type: none"> • Catch and Tread 	Game <ul style="list-style-type: none"> • Ring Relay 	Game <ul style="list-style-type: none"> • H-O-O-P-S 	Game <ul style="list-style-type: none"> • Water Tag
Equipment <ul style="list-style-type: none"> • Life jackets • Soft foam ball • Kickboards • Don't Just Pack It, Wear Your Jacket poster 	Equipment <ul style="list-style-type: none"> • Dive rings • Know About Boating Before You Go Floating poster 	Equipment <ul style="list-style-type: none"> • Objects to retrieve • Hula-Hoops 	Equipment <ul style="list-style-type: none"> • Completion cards • Rewards for participants • Wave, Tide or Ride, Follow the Guide poster

SAMPLE LESSON PLANS



Learn-to-Swim 6—Personal Water Safety

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: 45 minutes

Day 1

Equipment		Reminders	
<ul style="list-style-type: none"> Swim Lessons Achievement Booklets Level 6 newsletters Reaching equipment, such as reaching poles, rescue tubes and shepherd's crooks Reach or Throw, Don't Go poster 		<ul style="list-style-type: none"> Distribute one <i>Swim Lessons Achievement Booklet</i> to each participant, as needed. Distribute newsletters to participants. Review "Teaching Activities, Drills and Games" on Instructor's Corner. Review Mermaid Croquet for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
3 minutes	<ul style="list-style-type: none"> Greet participants and parents, introductions Attendance Announcements Policies and procedures 		<ul style="list-style-type: none"> Circle, seated on deck
Safety Topic			
5 minutes	<ul style="list-style-type: none"> Reach or Throw, Don't Go—reaching assists 	<ul style="list-style-type: none"> "Brace yourself and keep your weight low" 	<ul style="list-style-type: none"> Spread out near gutter in deep water
Opening Activity/Review Skills			
1 minute	<ul style="list-style-type: none"> Name game 		<ul style="list-style-type: none"> Circle
2 minutes	<ul style="list-style-type: none"> Bobs 		<ul style="list-style-type: none"> Spread out near gutter in deep water
8 minutes	<ul style="list-style-type: none"> Exit skills assessment Level 5 		<ul style="list-style-type: none"> Circle swim
4 minutes	<ul style="list-style-type: none"> Pike and tuck surface dives <ul style="list-style-type: none"> 3 strokes for momentum then surface dive 3 tuck surface dives 3 pike surface dives 	<ul style="list-style-type: none"> "Tuck chin" "Exhale air underwater" 	<ul style="list-style-type: none"> Wave
4 minutes	<ul style="list-style-type: none"> Front crawl open turn 		<ul style="list-style-type: none"> Wave, midpool
New Skills			
2 minutes	<ul style="list-style-type: none"> Tread water kicking only (2 minutes) 	<ul style="list-style-type: none"> "Keep hands under armpits" 	
3 minutes	<ul style="list-style-type: none"> Back float (5 minutes) 		

Day 1 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
8 minutes	<ul style="list-style-type: none"> • Front crawl (25 yards) • Elementary backstroke (25 yards) • Back crawl (25 yards) • Breaststroke (25 yards) • Sidestroke (25 yards) • Butterfly (25 yards) • Choice (50 yards) 	<ul style="list-style-type: none"> • “200 yard swim in this order...” 	<ul style="list-style-type: none"> • Circle swim
Game			
4 minutes	<ul style="list-style-type: none"> • Mermaid Croquet 		<ul style="list-style-type: none"> • In water, two teams line up at one end, third team as “wickets”
Closing			
1 minute	<ul style="list-style-type: none"> • Thank participants for working hard • Offer positive reinforcement of what they did well • Review lesson 	<ul style="list-style-type: none"> • “Good job” 	<ul style="list-style-type: none"> • Circle, seated on deck

Day 2

Equipment		Reminders	
<ul style="list-style-type: none"> • Objects to retrieve • Think Twice Before Going Near Cold Water or Ice poster 		<ul style="list-style-type: none"> • Review Tommy Over the Water for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Announcements 		<ul style="list-style-type: none"> • Circle, seated on deck
Safety Topic			
5 minutes	<ul style="list-style-type: none"> • Think Twice Before Going Near Cold Water or Ice—staying safe around ice 		
Review Skills			
4 minutes	<ul style="list-style-type: none"> • Backstroke open turn 	<ul style="list-style-type: none"> • “Streamline” 	<ul style="list-style-type: none"> • Wave, midpool
4 minutes	<ul style="list-style-type: none"> • Front flip turn 	<ul style="list-style-type: none"> • “Push off strong and streamline” 	<ul style="list-style-type: none"> • Wave, midpool
New Skills			
4 minutes	<ul style="list-style-type: none"> • Survival float (5 minutes) 	<ul style="list-style-type: none"> • “Relax, exhale” 	<ul style="list-style-type: none"> • In deep water
5 minutes	<ul style="list-style-type: none"> • Feetfirst surface dive and retrieve an object from a depth of 7 to 10 feet 	<ul style="list-style-type: none"> • “Legs together” • “Exhale” • “Look down, push up” 	<ul style="list-style-type: none"> • In deep water, wave
15 minutes	<ul style="list-style-type: none"> • Front crawl (50 yards) with front flip turn • Elementary backstroke (50 yards) • Back crawl (25 yards) • Breaststroke (25 yards) • Sidestroke (25 yards) • Butterfly (25 yards) • Choice (50 yards) 	<ul style="list-style-type: none"> • “250 yard swim” • “Stay steady” • “Think about stroke technique” 	<ul style="list-style-type: none"> • Circle swim
Game			
4 minutes	<ul style="list-style-type: none"> • Tommy Over the Water 		<ul style="list-style-type: none"> • In deep water
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for good effort • Offer positive reinforcement of what they did well • Review lesson 	<ul style="list-style-type: none"> • “Good job” 	<ul style="list-style-type: none"> • Circle, seated on deck

Day 3

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards • Beach ball • Objects to retrieve • Swim As a Pair Near a Lifeguard's Chair poster 		<ul style="list-style-type: none"> • Remind participants to bring items to next class for swimming with clothes: long pants (jeans or nylon wind pants), long-sleeved buttoned shirt or nylon zipped jacket and shoes. • Review "Teaching Activities, Drills and Games" on Instructor's Corner. • Review Sharks and Minnows for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
1 minute	• Attendance		• Circle, seated on deck
Safety Topic			
2 minutes	• Swim As a Pair Near a Lifeguard's Chair		• Circle, seated on deck
Review Skills			
4 minutes	• Backstroke flip turn	• "Streamline, off the wall"	• Wave, midpool
4 minutes	• Feetfirst surface dive and retrieve an object from a depth of 7 to 10 feet	<ul style="list-style-type: none"> • "Exhale" • "Legs together" • "Push water up, clap your hands" 	• In deep water, wave
New Skills			
4 minutes	• Breaststroke turn	• "Pull to thighs and glide, recover arms to streamlined as feet recover to kick, kick and glide to surface and swim"	• Line, stagger
2 minutes	• Tread water, kicking only (2 minutes)	• "Keep hands under armpits"	• Circle, corner
5 minutes	• Back float (5 minutes)	• "Keep head back and relax"	• Circle, corner
4 minutes	• Pike or tuck surface dive and retrieve an object from a depth of 7 to 10 feet	<ul style="list-style-type: none"> • "Exhale" • "Look for object" 	• In deep water, wave
4 minutes	<ul style="list-style-type: none"> • Front crawl, 4 × 25 yards, rest 10 seconds between 25s <ul style="list-style-type: none"> ○ 25 six kicks on one side, 1½ strokes and roll, repeat ○ 25 pants pocket, fingertip drag and reach ○ 25 alternate breathing ○ 25 front crawl 	<ul style="list-style-type: none"> • "Front crawl drills" • "Good body roll" • "High elbows" • "Long arms" • "Breathe left, breathe right" 	• Circle swim

Day 3 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
4 minutes	<ul style="list-style-type: none"> ● Back crawl, 4 × 25 yards, rest 10 seconds between 25s <ul style="list-style-type: none"> ○ 25 six kicks on one side, 1½ strokes and roll, repeat ○ 25 one-arm swim ○ 25 other arm swim ○ 25 back crawl 	<ul style="list-style-type: none"> ● “Back crawl drills” ● “Good body rolls” ● “Left arm” ● “Right arm” ● “Swim” 	<ul style="list-style-type: none"> ● Circle swim
3 minutes	<ul style="list-style-type: none"> ● Breaststroke, 3 × 25 yards, rest 10 seconds between 25s <ul style="list-style-type: none"> ○ 25 kick with kickboard ○ 25 pull with flutter kick ○ 25 four kicks and one pull 	<ul style="list-style-type: none"> ● “Breaststroke drills” ● “Kick” ● “Pull” ● “Kick, kick, kick, kick, pull, glide” 	<ul style="list-style-type: none"> ● Circle swim
3 minutes	<ul style="list-style-type: none"> ● Butterfly, 3 × 25 yards, rest 10 seconds between 25s <ul style="list-style-type: none"> ○ 25 kick ○ 25 Tarzan drill (4 stokes one arm, 4 strokes other arm, 4 strokes both arms) ○ 25 butterfly 	<ul style="list-style-type: none"> ● “Butterfly drills” ● “4 strokes left” ● “4 strokes right” ● “4 arm strokes” 	<ul style="list-style-type: none"> ● Circle swim
Game			
4 minutes	<ul style="list-style-type: none"> ● Sharks and Minnows 		
Closing			
1 minute	<ul style="list-style-type: none"> ● Thank participants for their attention and participation ● Offer positive reinforcement of what they did well ● Review lesson 	<ul style="list-style-type: none"> ● “Good job” 	<ul style="list-style-type: none"> ● Circle, seated on deck

Day 4

Equipment		Reminders	
<ul style="list-style-type: none"> • Objects to retrieve • Long pants (jeans or nylon pants), long-sleeved, buttoned shirt or nylon zipped jacket, and shoes • Soft foam ball • Think So You Don't Sink poster 		<ul style="list-style-type: none"> • Keep an eye out for any participant who is able to qualify for a badge. • Review "Teaching Activities, Drills and Games" on Instructor's Corner. • Review Water Polo Crawl for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
1 minute	<ul style="list-style-type: none"> • Attendance 		<ul style="list-style-type: none"> • Circle, seated on deck
Safety Topic			
3 minutes	<ul style="list-style-type: none"> • Think So You Don't Sink 		
Review Skills			
2 minutes	<ul style="list-style-type: none"> • Pike or tuck surface dive and retrieve an object from a depth of 7 to 10 feet 	<ul style="list-style-type: none"> • "Exhale underwater" • "Get object" 	
New Skills			
4 minutes	<ul style="list-style-type: none"> • Butterfly turn 	<ul style="list-style-type: none"> • "Stretch to the wall" • "Stay low" • "Streamline off the wall" 	<ul style="list-style-type: none"> • Wave, midpool
4 minutes	<ul style="list-style-type: none"> • Sidestroke turn 	<ul style="list-style-type: none"> • "Stay on side" 	<ul style="list-style-type: none"> • Wave, midpool
5 minutes	<ul style="list-style-type: none"> • Survival float (5 minutes) 	<ul style="list-style-type: none"> • "Relax, exhale" 	<ul style="list-style-type: none"> • Circle
5 minutes	<ul style="list-style-type: none"> • Survival swimming (10 minutes) 	<ul style="list-style-type: none"> • "Relax, exhale" 	<ul style="list-style-type: none"> • Line
5 minutes	<ul style="list-style-type: none"> • Swimming while clothed 	<ul style="list-style-type: none"> • "Be efficient" 	
10 minutes	<ul style="list-style-type: none"> • Front crawl (75 yards) • Elementary backstroke (75 yards) • Breaststroke (50 yards) • Back crawl (50 yards) • Sidestroke (50 yards) • Butterfly (50 yards) • Choice (75 yards) 	<ul style="list-style-type: none"> • "475 yard swim" • "Stay steady" • "Think about stroke technique" 	<ul style="list-style-type: none"> • Circle swim
Game			
4 minutes	<ul style="list-style-type: none"> • Water Polo Crawl 		
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 	<ul style="list-style-type: none"> • "Good job" 	<ul style="list-style-type: none"> • Circle, seated on deck

Day 5

Equipment		Reminders	
<ul style="list-style-type: none"> • Life jackets • Soft foam ball • Kickboards • Don't Just Pack It, Wear Your Jacket poster 		<ul style="list-style-type: none"> • Review "Teaching Activities, Drills and Games" on Instructor's Corner. • Review Catch and Tread for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
1 minute	<ul style="list-style-type: none"> • Attendance 		<ul style="list-style-type: none"> • Circle, seated on deck
Safety Topic			
2 minutes	<ul style="list-style-type: none"> • Don't Just Pack It, Wear Your Jacket 		<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
3 minutes	<ul style="list-style-type: none"> • HELP position (2 minutes) 	<ul style="list-style-type: none"> • "Signals you need help" 	<ul style="list-style-type: none"> • In deep water
3 minutes	<ul style="list-style-type: none"> • HELP position (2 minutes) 	<ul style="list-style-type: none"> • "Stay together" 	<ul style="list-style-type: none"> • In deep water
New Skills			
10 minutes	<ul style="list-style-type: none"> • Survival swimming (10 minutes) 	<ul style="list-style-type: none"> • "Relax, exhale" 	<ul style="list-style-type: none"> • Line, in deep water
3 minutes	<ul style="list-style-type: none"> • Tread water kicking only (2 minutes) 	<ul style="list-style-type: none"> • "Keep hands under armpits" • "Easy" 	<ul style="list-style-type: none"> • Semi-circle
4 minutes	<ul style="list-style-type: none"> • Front crawl with flip turns, 2 × 50 yards, rest 10 seconds between 50s <ul style="list-style-type: none"> ○ 50 pants pocket, fingertip drag and reach ○ 50 alternate breathing 	<ul style="list-style-type: none"> • "Strong flip turns" • "Left arm" • "Right arm" • "Swim" 	<ul style="list-style-type: none"> • Circle swim
4 minutes	<ul style="list-style-type: none"> • Back crawl with flip turns, 2 × 50 yards, rest 10 seconds between 50s <ul style="list-style-type: none"> ○ 25 one-arm swim ○ 25 one-arm swim (other arm) ○ 50 back crawl 		<ul style="list-style-type: none"> • Circle swim
4 minutes	<ul style="list-style-type: none"> • Breaststroke, 4 × 25 yards, rest 10 seconds between 25s <ul style="list-style-type: none"> ○ 25 kick with kickboard ○ 25 pull with flutter kick ○ 25 four kicks and pull ○ 25 breaststroke 	<ul style="list-style-type: none"> • "Strong kick" • "Glide" 	<ul style="list-style-type: none"> • Circle swim

Day 5 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
3 minutes	<ul style="list-style-type: none"> • Butterfly, 4 × 25 yards, rest 10 seconds between 25s <ul style="list-style-type: none"> ○ 25 kick ○ 25 four kicks, one full stroke ○ 25 one arm butterfly, change arms at midpool ○ 25 butterfly 	<ul style="list-style-type: none"> • “Continuous kick” • “Kick, kick, kick, kick, stroke” • “Left arm, right arm” • “Swim” 	<ul style="list-style-type: none"> • Circle swim
Game			
5 minutes	<ul style="list-style-type: none"> • Catch and Tread 		
Closing			
3 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson 	<ul style="list-style-type: none"> • “Good job” 	<ul style="list-style-type: none"> • Circle, seated on deck

Day 6

Equipment		Reminders	
<ul style="list-style-type: none"> • Dive rings • Learn About Boating Before You Go Floating poster 		<ul style="list-style-type: none"> • Review “Teaching Activities, Drills and Games” on Instructor’s Corner. • Review Ring Relay for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
1 minute	<ul style="list-style-type: none"> • Attendance 		<ul style="list-style-type: none"> • Circle, seated on deck
Safety Topic			
5 minutes	<ul style="list-style-type: none"> • Learn About Boating Before You Go Floating 		<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
3 minutes	<ul style="list-style-type: none"> • Pike or tuck surface dive and retrieve an object from a depth of 7 to 10 feet 	<ul style="list-style-type: none"> • “Exhale underwater” • “Get object” 	
6 minutes	<ul style="list-style-type: none"> • Survival swimming (5 minutes) 	<ul style="list-style-type: none"> • “Relax, exhale” 	
3 minutes	<ul style="list-style-type: none"> • Tread water kicking only (2 minutes) 	<ul style="list-style-type: none"> • “Keep hands under armpits” • “Easy” 	
New Skills			
11 minutes	<ul style="list-style-type: none"> • Part 2 of exit skills assessment: Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes. 		<ul style="list-style-type: none"> • Wave
10 minutes	<ul style="list-style-type: none"> • Front crawl (100 yards) with flip turns • Elementary backstroke (100 yards) • Breaststroke (50 yards) with turns • Back crawl (50 yards) with flip turns • Sidestroke (50 yards) • Butterfly (50 yards) with turns • Choice (100 yards) 	<ul style="list-style-type: none"> • “500 yard swim” 	<ul style="list-style-type: none"> • Circle swim
Game			
4 minutes	<ul style="list-style-type: none"> • Ring Relay 		<ul style="list-style-type: none"> • Two lines

Day 6 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
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	<ul style="list-style-type: none">• “Good job”	<ul style="list-style-type: none">• Circle, seated on deck

Day 7

Equipment		Reminders	
<ul style="list-style-type: none"> • Objects to retrieve • Hula-hoops 		<ul style="list-style-type: none"> • Prepare completion cards to the extent possible. • Consider who qualifies to test for a badge, especially for any participants who may not pass the level. • Review “Teaching Activities, Drills and Games” on Instructor’s Corner. • Review H-O-O-P-S for setup and directions. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
1 minute	<ul style="list-style-type: none"> • Attendance 		<ul style="list-style-type: none"> • Circle, seated on deck
Safety Topic			
2 minutes	<ul style="list-style-type: none"> • How to call for help and the importance of knowing first aid and CPR 		<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
4 minutes	<ul style="list-style-type: none"> • Front flip turn 	<ul style="list-style-type: none"> • “Push off strong” 	<ul style="list-style-type: none"> • Wave, midpool
4 minutes	<ul style="list-style-type: none"> • Backstroke flip turn 	<ul style="list-style-type: none"> • “Stay straight” 	<ul style="list-style-type: none"> • Wave, midpool
New Skills			
7 minutes	<ul style="list-style-type: none"> • Part 3 of exit skills assessment: Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface and return to starting point 		
20 minutes	<ul style="list-style-type: none"> • 500 yards broken swim <ul style="list-style-type: none"> ○ 250 yards, rest 15 seconds; 150 yards, rest 15 seconds; 100 yards ○ Using any 3 strokes of your choice, swim at least 50 yards for each stroke 		<ul style="list-style-type: none"> • Circle swim
Game			
5 minutes	<ul style="list-style-type: none"> • H-O-O-P-S 		
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for making a good effort • Offer positive reinforcement of what they did well • Review lesson 	<ul style="list-style-type: none"> • “Good job” 	<ul style="list-style-type: none"> • Circle, seated on deck

Day 8

Equipment		Reminders	
<ul style="list-style-type: none"> • Completion cards • Rewards for participants • Wave, Tide or Ride, Follow the Guide poster 		<ul style="list-style-type: none"> • Complete completion cards for presentation at end of the lesson. • Ask participants for their achievement booklets for you to complete and sign. • Test participants for badges if they qualify and want to be tested. • Review “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 • Announcements 		<ul style="list-style-type: none"> • Circle, seated on deck
Safety Topic			
5 minutes	<ul style="list-style-type: none"> • Wave, Tide or Ride, Follow the Guide 		
Review Skills			
5 minutes	<ul style="list-style-type: none"> • Survival swimming (5 minutes) 		<ul style="list-style-type: none"> • Line
5 minutes	<ul style="list-style-type: none"> • Breaststroke turn 	<ul style="list-style-type: none"> • “Pull to thighs and glide, recover arms to streamlined as feet recover to kick, kick and glide to surface and swim” 	<ul style="list-style-type: none"> • Wave, midpool
5 minutes	<ul style="list-style-type: none"> • Butterfly turn 		<ul style="list-style-type: none"> • Wave, midpool
New Skills			
15 minutes	<ul style="list-style-type: none"> • Part 1 of exit skill assessment: Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards for each stroke 		<ul style="list-style-type: none"> • Circle swim
Game			
5 minutes	<ul style="list-style-type: none"> • Water Tag 		
Closing			
3 minutes	<ul style="list-style-type: none"> • Congratulate participants on their success and progress • Distribute completion cards as appropriate • Recognize badges • Encourage participants and their parents to sign up for one of the other Level 6 options for the next session 	<ul style="list-style-type: none"> • “Good job” 	