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SAMPLE BLOCK PLAN

Learn-to-Swim Level 1 Introduction to Water Skills

Important Note: *These block 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.*

Number of Participants _____

Instructor Resources: *Swimming and Water Safety* manual, *Water Safety Instructor's Manual with CD-ROM, Teaching Swimming and Water Safety DVD, Longfellow's WHALE Tales K–6 Educational Packet*

Day 1	Day 2	Day 3	Day 4
Safety Topic Staying safe around aquatic environments	**Safety Topic** Recognizing the lifeguard	**Safety Topic** Recognizing an emergency	**Safety Topic** Don't Just Pack It, Wear Your Jacket
Opening Activity/ Review Skills ■ Explain the concept of swimming with a buddy ■ Make buddy pairs	**Opening Activity/ Review Skills** ■ Enter and exit the water safely using ladder, steps or side ■ Blowing bubbles ■ Submerge to eyes ■ Front glide and recover ■ Explain proper use of barbell ■ Back glide	**Opening Activity/ Review Skills** ■ Enter and exit the water safely using ladder, steps or side ■ Blowing bubbles ■ Pick up submerged objects ■ Bobs ■ Front glide and recover ■ Back glide ■ Back float and recover ■ Alternating arm and leg action on front ■ Alternating arm and leg action on back	**Opening Activity/ Review Skills** ■ Open eyes and retrieve submerged objects ■ Back float ■ Swim on front (alternating arm and leg action) ■ Swim on back (alternating arm and leg action) ■ Swim on back (simultaneous arm and leg action) ■ Swim on back (simultaneous arm and leg action)
New Skills ■ Enter and exit the water safely using ladder, steps or side ■ Explore designated lesson area ■ Blowing bubbles ■ Submerge to mouth and nose ■ Front glide ■ Recover from front to vertical ■ Back glide	**New Skills** ■ Pick up submerged objects ■ Back float with barbell then recover ■ Alternating leg action on front with support ■ Alternating arm action on front with support ■ Alternating leg action on back with support ■ Alternating arm action on back with support	**New Skills** ■ Simultaneous arm action on front ■ Simultaneous leg action on front ■ Simultaneous arm action on back ■ Simultaneous leg action on back	**New Skills** ■ Combined arm and leg actions on front ■ Swim wearing a life jacket ■ Float on back

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Day 1	Day 2	Day 3	Day 4
Game Blow the Cork	**Game** Mike's Ball Game	**Game** Sharks and Minnows	**Game** Hot Ball
Equipment ■ *Raffy Learns to Swim* booklets ■ Level 1 newsletters ■ Ping-Pong or different colored balls ■ Corks and other small floating objects	**Equipment** ■ Kickboards or other flotation devices ■ Barbells ■ Ping-Pong or different colored balls ■ Hoops ■ Submersible water toys ■ Rescue tube	**Equipment** ■ Kickboards or other flotation devices ■ Barbells ■ Hoops ■ Submersible water toys	**Equipment** ■ Kickboards or other flotation devices ■ Hoops ■ Submersible water toys ■ Beach ball ■ Life jackets ■ Don't Just Pack It, Wear Your Jacket poster

Day 5	Day 6	Day 7	Day 8
Safety Topic How to call for help	**Safety Topic** How to call for help	**Safety Topic** Too Much Sun Is No Fun	**Safety Topic** General water safety rules
Opening Activity/ Review Skills ■ Enter water using ladder, steps or side ■ Blow bubbles ■ Bobs ■ Front glide and recover ■ Back glide ■ Arm and leg actions on front (simultaneous) ■ Combined arm and leg actions on front	**Opening Activity/ Review Skills** ■ Enter the water using ladder, steps or side and travel ■ Blow bubbles ■ Retrieve submerged objects ■ Bobs away from wall ■ Front glide and recover ■ Back glide and recover ■ Back float and recover ■ Arm and leg actions on front and back (alternating) ■ Combined arm and leg actions on front ■ Arm and leg actions on back (simultaneous)	**Opening Activity/ Review Skills** ■ Enter water using ladder, steps or side, travel while blowing bubbles ■ Open eyes under water and pick up submerged objects ■ Bobs ■ Front glide, face in water, independently and recover ■ Back glide independently and recover ■ Arm and leg actions on front and back (alternating) ■ Arm and leg actions on front and back (simultaneous) ■ Combined arm and leg actions on front, roll to back and back float ■ Combined arm and leg actions on back, roll to front and swim combined arm and leg actions on front ■ Treading—explore arm and hand movements ■ Swim wearing a life jacket	**Opening Activity/ Review Skills** Review all skills

Day 5	Day 6	Day 7	Day 8
New Skills ■ Front glide, face in water ■ Back float ■ Combined arm and leg actions on back with support	**New Skills** ■ Roll from front to back ■ Roll from back to front ■ Treading—explore arm and hand movements	**New Skills** No new skills	**New Skills** Exit skills assessment
Game Sharks and Minnows	**Game** Red Ball, Green Ball	**Game** Transformers	**Game** Simon Says
Equipment ■ Kickboards or other flotation devices ■ Barbells ■ Hoops ■ Submersible water toys	**Equipment** ■ Kickboards or other flotation devices ■ Barbells ■ Submersible water toys ■ Different colored balls	**Equipment** ■ Kickboards or other flotation devices ■ Barbells ■ Hoops ■ Submersible water toys ■ Large balls, kickboards or barbell ■ Too Much Sun Is No Fun	**Equipment** ■ Achievement cards ■ Certificates ■ Rewards for participants