American Red Cross

SAMPLE BLOCK PLAN

Learn-to-Swim Level 3 Stroke Development

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, Swimming and Diving Skills DVD, Longfellow's WHALE Tales K–6 Educational Packet*

Day 1	Day 2	Day 3	Day 4
Safety Topic Swim with a Buddy in a Supervised Area	**Safety Topic** Think So You Don't Sink	**Safety Topic** Too Much Sun Is No Fun	**Safety Topic** Look Before You Leap
Review Skills Exit skills assessment Level 2	**Review Skills** ■ Bobs while moving toward safety ■ Jellyfish float ■ Front crawl stroke drills	**Review Skills** ■ Jump into deep water, return to surface, move onto back and float ■ Push off on front and swim front crawl	**Review Skills** ■ Push off on front and flutter kick with rhythmic breathing ■ Push off on back and kick with elementary backstroke ■ Push off on front and dolphin kick
New Skills ■ Bobs in chest-deep water ■ Flutter kick with rhythmic breathing ■ Push off on front then begin flutter kicking ■ Tread water	**New Skills** ■ Flutter kick drills ■ Survival float ■ Jump into deep water and return to side ■ Tread water and move into back float	**New Skills** ■ Push off and glide on front in deep water then move to a vertical position and tread water ■ Elementary backstroke kick drills ■ Push off on back and swim elementary backstroke then recover to vertical position ■ Dolphin kick drills ■ Push off on front and dolphin kick	**New Skills** ■ Rotary breathing drills ■ Push off and swim front crawl ■ Elementary backstroke arm drills ■ Elementary backstroke coordination ■ Jump into chest-deep water, surface and swim front crawl to side ■ Headfirst entry from the side in a sitting position
Game Red Ball, Green Ball	**Game** Ultimate Ring-Around-the-Rosy	**Game** Straw Hat Race	**Game** Sharks and Minnows

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Day 1	Day 2	Day 3	Day 4
Equipment ■ *Waddles in the Deep* booklets ■ Level 3 newsletters ■ Foam noodles ■ Barbells ■ Kickboards ■ Different colored balls ■ Swim with a Buddy in a Supervised Area poster	**Equipment** ■ Water toys ■ Foam noodles ■ Barbells ■ Kickboards ■ Think So You Don't Sink poster	**Equipment** ■ Water toys ■ Foam noodles ■ Barbells ■ Kickboards ■ Straw hats ■ Too Much Sun Is No Fun poster	**Equipment** ■ Foam noodles ■ Barbells ■ Kickboards ■ Hoops ■ Look Before You Leap poster

Day 5	Day 6	Day 7	Day 8
Safety Topic **Don't Just Pack It, Wear Your Jacket**	**Safety Topic** **Think Twice Before Going Near Cold Water or Ice**	**Safety Topic** **Reach or Throw, Don't Go—reaching assists**	**Safety Topic** **General water safety rules**
Review Skills New Skills Days 1 and 3	**Review Skills** New Skills Days 2 and 4	**Review Skills** New Skills Days 1–6	**Review Skills** Review all skills
New Skills ■ Scissors kick ■ Scissors kick using kickboard ■ Breaststroke kick drills ■ Tread water using arms and different kicks using foam noodles for support ■ Headfirst entry from the side from a kneeling position	**New Skills** ■ Change from vertical to horizontal position on front ■ Change from vertical to horizontal position on back	**New Skills** ■ Reaching assists ■ Review exit skills	**New Skills** Exit skills assessment
Game Red Ball, Green Ball	**Game** Simon Says	**Game** Floating Beach Balls	**Game** Aquatic Steeplechase
Equipment ■ Water toys ■ Foam noodles ■ Barbells ■ Kickboards ■ Don't Just Pack It, Wear Your Jacket poster	**Equipment** ■ Foam noodles ■ Barbells ■ Kickboards ■ Think Twice Before Going Near Cold Water or Ice poster	**Equipment** ■ Reaching equipment ■ Barbells ■ Kickboards ■ Beach balls ■ Reach or Throw, Don't Go poster	**Equipment** ■ Water toys ■ Foam noodles ■ Barbells ■ Kickboards ■ Achievement cards ■ Certificates ■ Rewards for participants