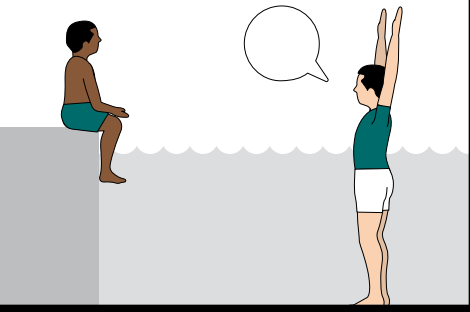


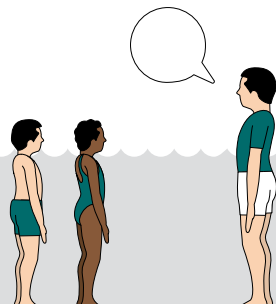



Lesson Guide 4.1

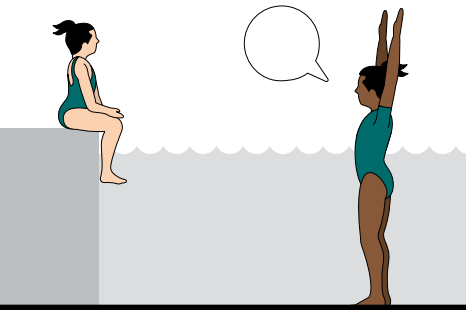
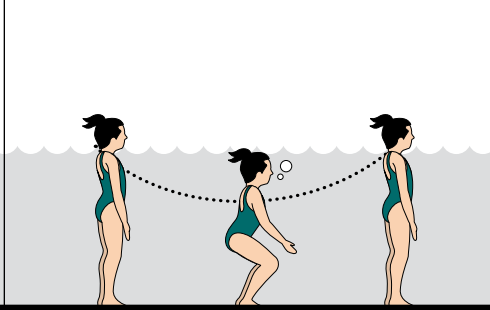
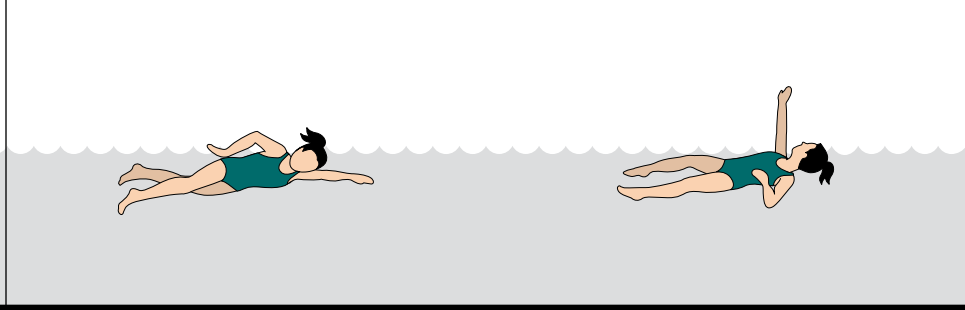
CAUTION: When conducting a swim lesson, only touch and hold children when it is appropriate to do so to accomplish a teaching objective. Do not ever touch children in private areas covered by a swimsuit.

WELCOME	5 mins.	WARM-UP	5 mins.	REVIEW SKILLS	0 mins.
					
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Learn and use names. - Share pool and safety rules. - Set behavior expectations. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Animal Names Ask Permission Name Game 		<p>SUBMERGE</p> <p>1 Do 5–10 bobs</p> <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Firefighter Pole Talk to the Fish Treasure Dive 		<p>There are no skills to review today.</p>	


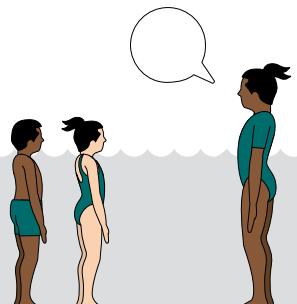

Lesson Guide 4.1 continued

INTRODUCE & PRACTICE SKILLS	20 mins.	TOPIC 4.1	5 mins.	WRAP-UP	5 mins.
					
<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Swim on front, 15 yd. (10 yd. preschool) 2 Front glide, with flutter kick, 15 yd. 3 Front glide, rhythmic breathing, 15 yd. 4 Front crawl, rotary breathing, 15 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> One-Arm Drill Side-Glide Drill Swim-the-Rope Drill 	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Swim on back, 15 yd. (10 yd. preschool) 2 Back glide, with flutter kick, 15 yd. 3 Back crawl, 15 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Back-Fin Kick Back Kick With Kickboard Little-Finger-First Drill 	<p>WEATHER</p> <p>Discuss why it's important to pay attention to weather when swimming:</p> <p>Storms can come up fast and can produce strong winds, heavy rain, and lightning.</p> <p>Share the following tips for staying safe in potentially dangerous weather:</p> <ul style="list-style-type: none"> - Monitor threatening weather. - When thunder roars, go indoors. - Get to a safer structure. - Postpone aquatic activities. - The pool can be considered safe to reoccupy 30 minutes after the last lightning is seen or thunder is heard. 	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, sitting <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Chop, Chop, Timber Submarine Superhero Dive <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>		

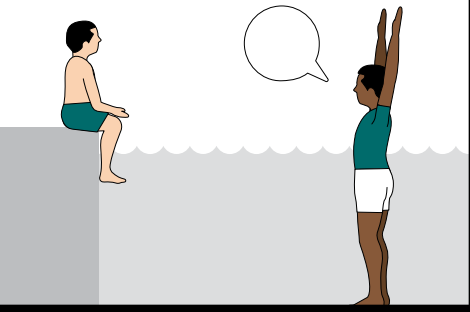
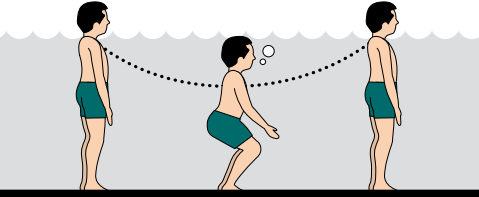

Lesson Guide 4.2

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 10 mins.	
			
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>SUBMERGE</p> <p>1 Do 5–10 bobs</p> <p>Skill & Topic Library: Activities</p> <p>Firefighter Pole Talk to the Fish Treasure Dive</p>	<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Swim on front, 15 yd. (10 yd. preschool) 2 Front glide, with flutter kick, 15 yd. 3 Front glide, rhythmic breathing, 15 yd. 4 Front crawl, rotary breathing, 15 yd. <p>Skill & Topic Library: Activities</p> <p>One-Arm Drill Side-Glide Drill Swim-the-Rope Drill</p>	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Swim on back, 15 yd. (10 yd. preschool) 2 Back glide, with flutter kick, 15 yd. 3 Back crawl, 15 yd. <p>Skill & Topic Library: Activities</p> <p>Back-Fin Kick Back Kick With Kickboard Little-Finger-First Drill</p>


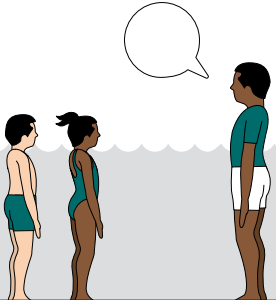

Lesson Guide 4.2 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 4.2	5 mins.	WRAP-UP	5 mins.
			<p>RESTING STROKE</p> <ol style="list-style-type: none"> 1 Back glide, elementary backstroke kick, 15 yd. 2 Back glide, elementary backstroke arms, 15 yd. 3 Resting stroke, elementary backstroke, 15 yd. <p>Skill & Topic Library: Activities</p> <p>Arm Mantras</p> <p>Integrated-Movement Mantra</p> <p>Vertical Breaststroke Kick</p>	<p>FIRST AID</p> <p>Discuss the basic first aid steps students should take if someone is bleeding:</p> <ul style="list-style-type: none"> - Call for help. - Get gloves and put them on. - Cover the wound. - Apply direct pressure. <p>Have students role-play victim and rescuer:</p> <p>Make sure rescuers call for help, put on gloves, apply direct pressure to the wound with a sterile pad, and apply roller gauze or an elastic bandage.</p>	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, sitting <p>Skill & Topic Library: Activities</p> <p>Chop, Chop, Timber</p> <p>Submarine</p> <p>Superhero Dive</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

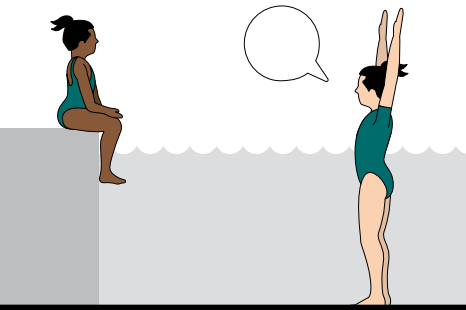
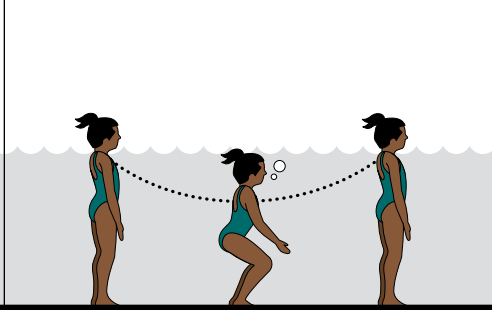
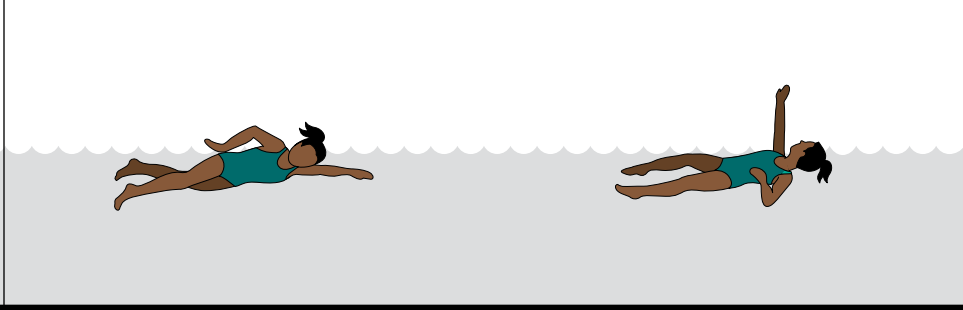
Lesson Guide 4.3

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 10 mins.	
			
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>SUBMERGE</p> <ol style="list-style-type: none"> 1 Do 5–10 bobs <p>Skill & Topic Library: Activities</p> <p>Firefighter Pole Talk to the Fish Treasure Dive</p>	<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Swim on front, 15 yd. (10 yd. preschool) 2 Front glide, with flutter kick, 15 yd. 3 Front glide, rhythmic breathing, 15 yd. 4 Front crawl, rotary breathing, 15 yd. <p>Skill & Topic Library: Activities</p> <p>One-Arm Drill Side-Glide Drill Swim-the-Rope Drill</p>	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Swim on back, 15 yd. (10 yd. preschool) 2 Back glide, with flutter kick, 15 yd. 3 Back crawl, 15 yd. <p>Skill & Topic Library: Activities</p> <p>Back-Fin Kick Back Kick With Kickboard Little-Finger-First Drill</p>


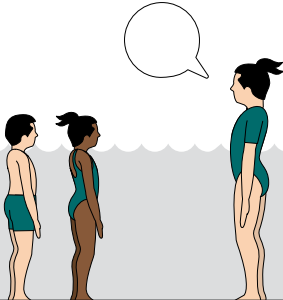

Lesson Guide 4.3 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 4.3	5 mins.	WRAP-UP	5 mins.
			<p>TREAD WATER</p> <ol style="list-style-type: none"> 1 Tread water, 1 min. & exit (30 secs. preschool) 2 Tread water, scissor & whip kick, 1 min. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Kick-Outs Kick-Ups Tread Water While Singing 	<p>HYPOXIC BLACKOUT</p> <p>Discuss hypoxic blackout and how it can happen:</p> <p>Holding your breath and swimming underwater for a long time can cause a person to black out or lose consciousness.</p> <p>Discuss how to prevent hypoxic blackout:</p> <ul style="list-style-type: none"> - Don't hold your breath and swim underwater for long distances. - When swimming short distances underwater, always have a buddy. 	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, sitting <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Chop, Chop, Timber Submarine Superhero Dive <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

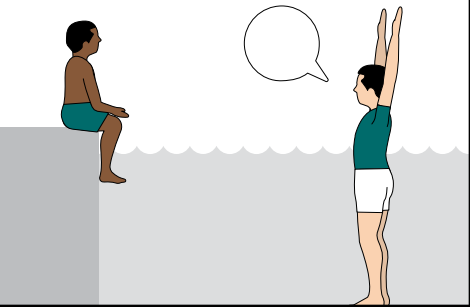
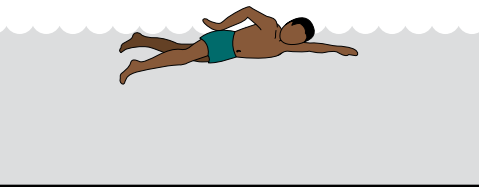
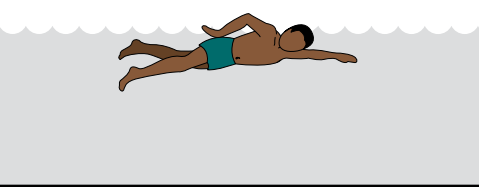
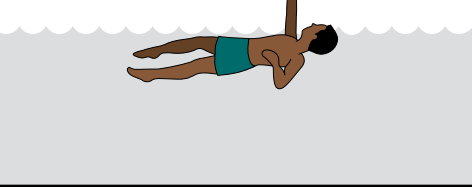
Lesson Guide 4.4

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 10 mins.	
			
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>SUBMERGE</p> <ol style="list-style-type: none"> 1 Do 5–10 bobs <p>Skill & Topic Library: Activities</p> <p>Firefighter Pole Talk to the Fish Treasure Dive</p>	<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Swim on front, 15 yd. (10 yd. preschool) 2 Front glide, with flutter kick, 15 yd. 3 Front glide, rhythmic breathing, 15 yd. 4 Front crawl, rotary breathing, 15 yd. <p>Skill & Topic Library: Activities</p> <p>One-Arm Drill Side-Glide Drill Swim-the-Rope Drill</p>	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Swim on back, 15 yd. (10 yd. preschool) 2 Back glide, with flutter kick, 15 yd. 3 Back crawl, 15 yd. <p>Skill & Topic Library: Activities</p> <p>Back-Fin Kick Back Kick With Kickboard Little-Finger-First Drill</p>


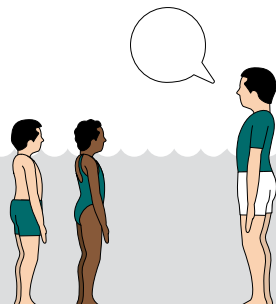

Lesson Guide 4.4 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 4.4	5 mins.	WRAP-UP	5 mins.
			<p>BREASTSTROKE</p> <p>1 Breaststroke, kick, 15 yd.</p> <p>Skill & Topic Library: Activities</p> <p>Breaststroke Kick on Back</p> <p>Kickboard Series</p> <p>Vertical Breaststroke Kick</p>	<p>OPEN WATER</p> <p>Ask students to list some of the dangers of open water:</p> <ul style="list-style-type: none"> - Swimmers can get caught in currents. - It's harder to supervise swimmers. - Cold water can make swimming and floating more difficult. <p>Ask students what they can do to keep themselves safe in open water:</p> <ul style="list-style-type: none"> - Know how to swim. - Never swim alone. - Always swim near a lifeguard. - Don't float where you can't swim. - Don't fight the current. If you get caught, just go with the flow. - Don't dive in headfirst. 	<p>DIVE</p> <p>1 Dive, sitting</p> <p>Skill & Topic Library: Activities</p> <p>Chop, Chop, Timber</p> <p>Submarine</p> <p>Superhero Dive</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

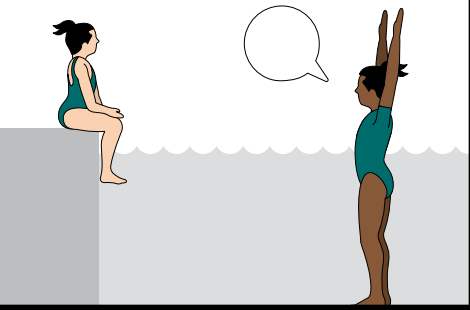
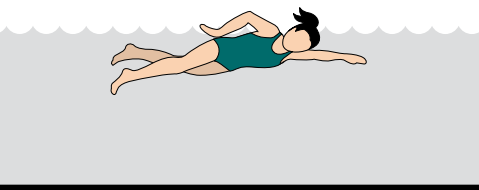
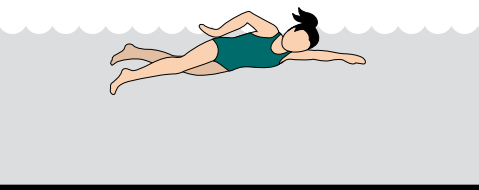
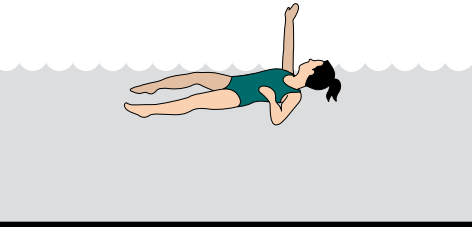
Lesson Guide 4.5

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 10 mins.	
			
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>ENDURANCE</p> <ol style="list-style-type: none"> 1 Endurance, any stroke or combination of strokes, 15 yd. 2 Endurance, any stroke or combination of strokes, 25 yd. <p>Skill & Topic Library: Activities</p> <p>Blockade Runner Marco Polo Noodle Relay</p>	<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Swim on front, 15 yd. (10 yd. preschool) 2 Front glide, with flutter kick, 15 yd. 3 Front glide, rhythmic breathing, 15 yd. 4 Front crawl, rotary breathing, 15 yd. <p>Skill & Topic Library: Activities</p> <p>One-Arm Drill Side-Glide Drill Swim-the-Rope Drill</p>	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Swim on back, 15 yd. (10 yd. preschool) 2 Back glide, with flutter kick, 15 yd. 3 Back crawl, 15 yd. <p>Skill & Topic Library: Activities</p> <p>Back-Fin Kick Back Kick With Kickboard Little-Finger-First Drill</p>


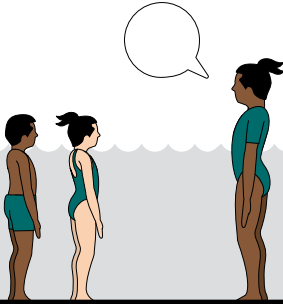

Lesson Guide 4.5 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 4.5	5 mins.	WRAP-UP	5 mins.
			<p>BUTTERFLY</p> <p>1 Butterfly, kick, 15 yd.</p> <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Hoop Swim Side-Kicking Drill Underwater Dolphin Kick 	<p>GOAL SETTING</p> <p>Ask students why goals are important:</p> <p>Goals help you focus on something you are trying to do or achieve.</p> <p>Ask students to set personal swimming goals:</p> <p>Have them think about the skills they have already learned and what they want to accomplish by the end of the session.</p> <p>Help them achieve at least one of their goals throughout the session.</p>	<p>DIVE</p> <p>1 Dive, sitting</p> <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Chop, Chop, Timber Submarine Superhero Dive <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

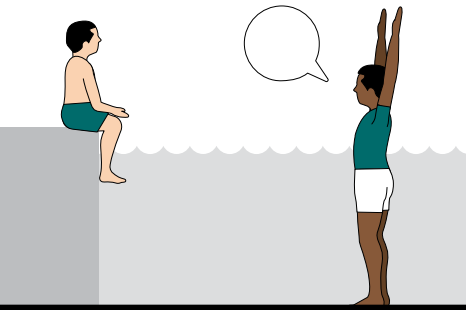
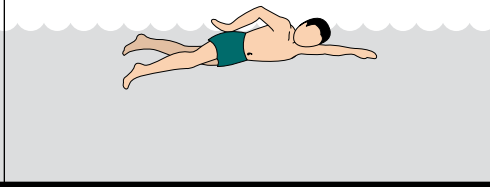
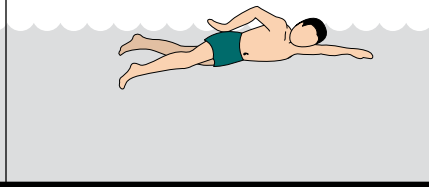
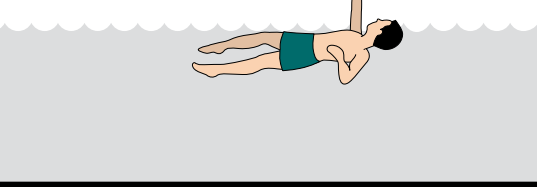
Lesson Guide 4.6

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 10 mins.	
			
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>ENDURANCE</p> <ol style="list-style-type: none"> 1 Endurance, any stroke or combination of strokes, 15 yd. 2 Endurance, any stroke or combination of strokes, 25 yd. <p>Skill & Topic Library: Activities</p> <p>Blockade Runner Marco Polo Noodle Relay</p>	<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Swim on front, 15 yd. (10 yd. preschool) 2 Front glide, with flutter kick, 15 yd. 3 Front glide, rhythmic breathing, 15 yd. 4 Front crawl, rotary breathing, 15 yd. <p>Skill & Topic Library: Activities</p> <p>One-Arm Drill Side-Glide Drill Swim-the-Rope Drill</p>	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Swim on back, 15 yd. (10 yd. preschool) 2 Back glide, with flutter kick, 15 yd. 3 Back crawl, 15 yd. <p>Skill & Topic Library: Activities</p> <p>Back-Fin Kick Back Kick With Kickboard Little-Finger-First Drill</p>


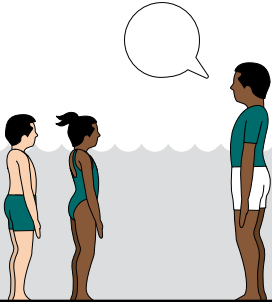

Lesson Guide 4.6 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 4.6	5 mins.	WRAP-UP	5 mins.
			<p>REVIEW SKILL</p> <p>Work on skills that need improvement.</p> <p>Skill & Topic Library: Activities</p> <p>Select appropriate activities for the reviewed skill.</p>	<p>HEART RATE</p> <p>Ask students what a heart rate is:</p> <p>Your heart rate is the rate at which your heart beats. If someone is found unconscious, you can check his or her heart rate to determine what action to take.</p> <p>Have students find their heart rate:</p> <p>Place your index and middle fingers to your neck or wrist to find your pulse. Count the beats for 10 seconds. Multiply the number of beats by six to determine your heart rate. You can also use heart rate to determine how hard you are exercising. The faster your heart rate, the harder your body is working.</p>	<p>DIVE</p> <p>1 Dive, sitting</p> <p>Skill & Topic Library: Activities</p> <p>Chop, Chop, Timber</p> <p>Submarine</p> <p>Superhero Dive</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

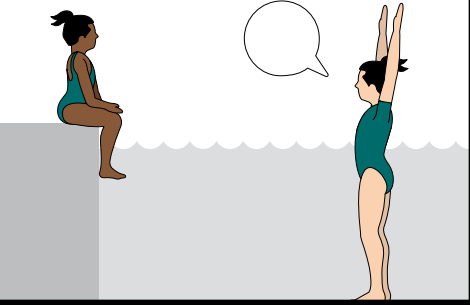
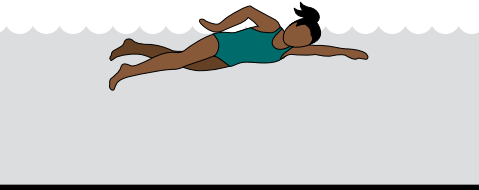
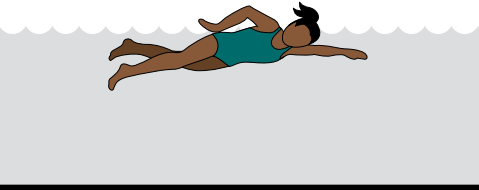
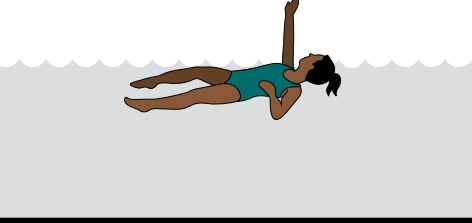
Lesson Guide 4.7

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 10 mins.	
			
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>ENDURANCE</p> <ol style="list-style-type: none"> 1 Endurance, any stroke or combination of strokes, 15 yd. 2 Endurance, any stroke or combination of strokes, 25 yd. <p>Skill & Topic Library: Activities</p> <p>Blockade Runner Marco Polo Noodle Relay</p>	<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Swim on front, 15 yd. (10 yd. preschool) 2 Front glide, with flutter kick, 15 yd. 3 Front glide, rhythmic breathing, 15 yd. 4 Front crawl, rotary breathing, 15 yd. <p>Skill & Topic Library: Activities</p> <p>One-Arm Drill Side-Glide Drill Swim-the-Rope Drill</p>	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Swim on back, 15 yd. (10 yd. preschool) 2 Back glide, with flutter kick, 15 yd. 3 Back crawl, 15 yd. <p>Skill & Topic Library: Activities</p> <p>Back-Fin Kick Back Kick With Kickboard Little-Finger-First Drill</p>


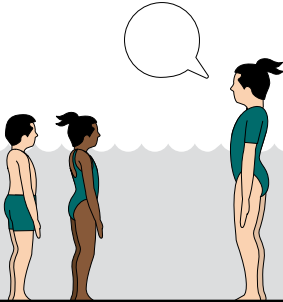
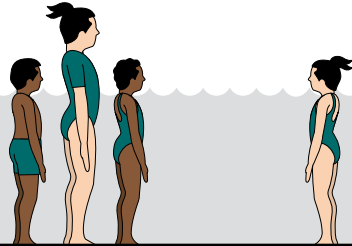
Lesson Guide 4.7 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 4.7	5 mins.	WRAP-UP	5 mins.
			<p>REVIEW SKILL</p> <p>Work on skills that need improvement.</p> <p>Skill & Topic Library: Activities</p> <p>Select appropriate activities for the reviewed skill.</p>	<p>NUTRITION</p> <p>Ask students to name some things they can eat or drink to keep their bodies and minds healthy:</p> <p>Drink plenty of water and choose healthy foods like fruits, veggies, and whole grains.</p> <p>Discuss with students the benefits of choosing water oversugary drinks:</p> <p>Did you know your brain is over 70 percent water? Water is essential to life. It is the best for giving us energy and keeping us hydrated.</p>	<p>DIVE</p> <p>1 Dive, sitting</p> <p>Skill & Topic Library: Activities</p> <p>Chop, Chop, Timber</p> <p>Submarine</p> <p>Superhero Dive</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

Lesson Guide 4.8

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 10 mins.	
			
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>ENDURANCE</p> <ol style="list-style-type: none"> 1 Endurance, any stroke or combination of strokes, 15 yd. 2 Endurance, any stroke or combination of strokes, 25 yd. <p>Skill & Topic Library: Activities</p> <p>Blockade Runner Marco Polo Noodle Relay</p>	<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Swim on front, 15 yd. (10 yd. preschool) 2 Front glide, with flutter kick, 15 yd. 3 Front glide, rhythmic breathing, 15 yd. 4 Front crawl, rotary breathing, 15 yd. <p>Skill & Topic Library: Activities</p> <p>One-Arm Drill Side-Glide Drill Swim-the-Rope Drill</p>	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Swim on back, 15 yd. (10 yd. preschool) 2 Back glide, with flutter kick, 15 yd. 3 Back crawl, 15 yd. <p>Skill & Topic Library: Activities</p> <p>Back-Fin Kick Back Kick With Kickboard Little-Finger-First Drill</p>

Lesson Guide 4.8 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 4.8	5 mins.	WRAP-UP	5 mins.
			<p>REVIEW SKILL</p> <p>Work on skills that need improvement.</p> <p>Skill & Topic Library: Activities</p> <p>Select appropriate activities for the reviewed skill.</p>	<p>BOATING</p> <p>Discuss some of the dangers of boating and what students can do to keep themselves safe:</p> <p>The boat could capsize or collide with another boat. Drowning can occur when boaters do not wear life jackets.</p> <p>Wear a United States Coast Guard-approved life jacket. Don't stand up in small boats. Don't overload the boat. Don't boat at night or in low-visibility conditions.</p> <p>With a boat (pretend or real), have students paddle in life jackets and practice getting into and out of the boat.</p>	<p>GROUP GAME</p> <p>To celebrate achievement, play a group game that involves everyone, including the instructor.</p> <p>Skill & Topic Library: Activities</p> <p>Have students select an activity.</p>