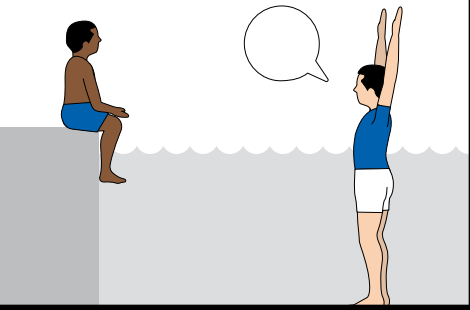
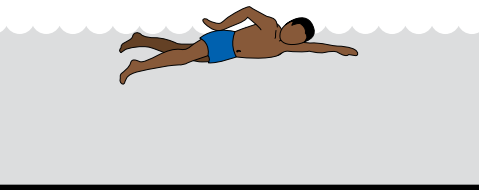
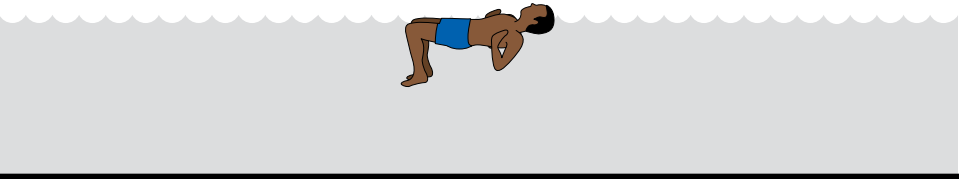

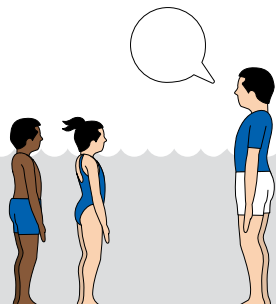



Lesson Guide 5.1

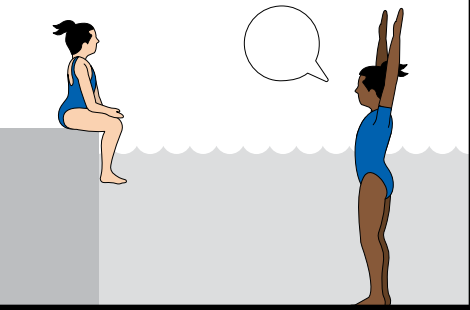
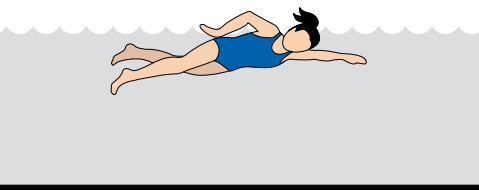
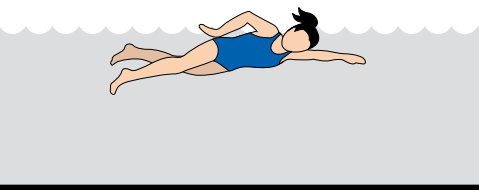
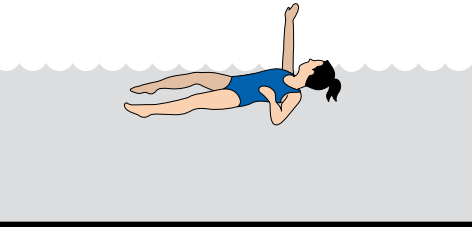
CAUTION: When conducting a swim lesson, only touch and hold children when it is appropriate to do so to accomplish a teaching objective. Do not ever touch children in private areas covered by a swimsuit.

WELCOME 5 mins.	WARM-UP 5 mins.	REVIEW SKILLS 10 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> <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, 25 yd. 2 Endurance, any stroke or combination of strokes, 50 yd. <p>Skill & Topic Library: Activities</p> <p>Battleship Forty Ways Hang on Harvey</p>	<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 Integrated-Movement Mantra Vertical Breaststroke Kick</p>


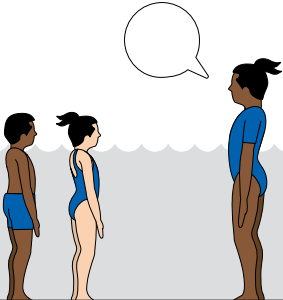

Lesson Guide 5.1 continued

INTRODUCE & PRACTICE SKILLS	10 mins.	TOPIC 5.1	5 mins.	WRAP-UP	5 mins.
					
<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Front crawl, rotary breathing, 15 yd. 2 Front glide, with flutter kick, 25 yd. 3 Front glide, rotary breathing, 25 yd. 4 Front crawl, bent-arm recovery, 25 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Catch-Up Drill Fingertip-Drag Drill Shoulder-Roll Drill 	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Back crawl, 15 yd. 2 Back glide, with flutter kick, 25 yd. 3 Back crawl, pull, 25 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Double-Arm Drill Goggle Drill Shoulder-Roll Drill 	<p>HELP TECHNIQUE</p> <p>Teach students HELP (Heat Escape Lessening Position):</p> <p>If a boat overturns and you fall into the water, a life jacket will help keep you afloat. If the water is cold, you can also use your life jacket to protect yourself from overexposure by getting into HELP. To do this, cross your arms over your chest and hug your body. Cross your ankles, lean back slightly, and keep your head above water.</p>	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, sitting 2 Dive, kneeling, over object 3 Dive, kneeling <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Favorite Animal Hoop Dive Submarine <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>		

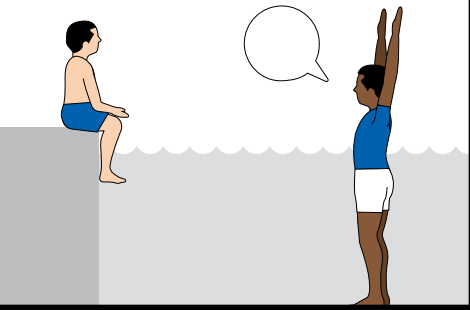

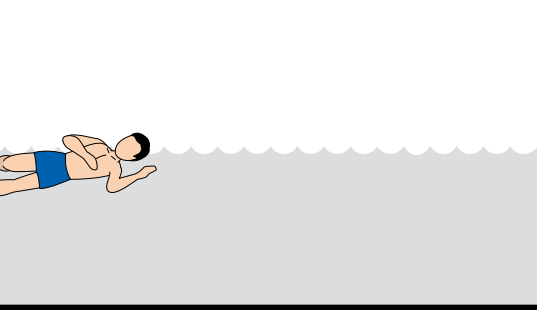
Lesson Guide 5.2

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>ENDURANCE</p> <ol style="list-style-type: none"> 1 Endurance, any stroke or combination of strokes, 25 yd. 2 Endurance, any stroke or combination of strokes, 50 yd. <p>Skill & Topic Library: Activities</p> <p>Battleship Forty Ways Hang on Harvey</p>	<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Front crawl, rotary breathing, 15 yd. 2 Front glide, with flutter kick, 25 yd. 3 Front glide, rotary breathing, 25 yd. 4 Front crawl, bent-arm recovery, 25 yd. <p>Skill & Topic Library: Activities</p> <p>Catch-Up Drill Fingertip-Drag Drill Shoulder-Roll Drill</p>	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Back crawl, 15 yd. 2 Back glide, with flutter kick, 25 yd. 3 Back crawl, pull, 25 yd. <p>Skill & Topic Library: Activities</p> <p>Double-Arm Drill Goggle Drill Shoulder-Roll Drill</p>


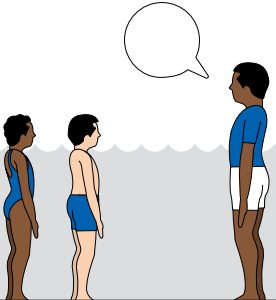

Lesson Guide 5.2 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 5.2	5 mins.	WRAP-UP	5 mins.
			<p>RESTING STROKE</p> <ol style="list-style-type: none"> 1 Scissor kick, 25 yd. 2 Sidestroke, arms, 25 yd. 3 Resting stroke, sidestroke, 25 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Kick at Side of Wall Pick-an-Apple Drill Sidestroke Mantra 	<p>SHOCK</p> <p>Discuss what it means if someone is in shock:</p> <p>Shock is a medical condition that occurs when the body doesn't provide enough oxygenated blood to all tissues. Symptoms include pale skin, rapid pulse, rapid and shallow breathing, cold and sweaty skin, nausea, and vomiting.</p> <p>Share how to help someone in shock:</p> <ul style="list-style-type: none"> - Call 911. - Treat any serious bleeding. - Have the person rest comfortably. - Conserve the person's body heat. - Do not give the person anything to eat or drink. 	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, sitting 2 Dive, kneeling, over object 3 Dive, kneeling <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Favorite Animal Hoop Dive Submarine <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

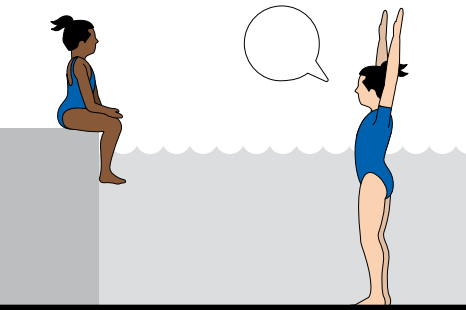
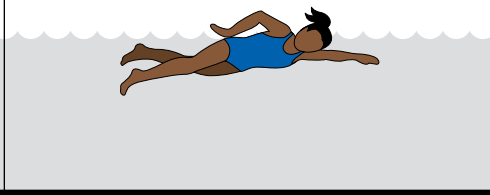
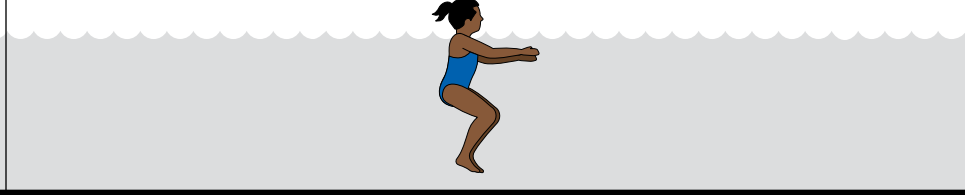
Lesson Guide 5.3

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> <ul style="list-style-type: none"> Animal Names Ask Permission Name Game 		<p>ENDURANCE</p> <ol style="list-style-type: none"> 1 Endurance, any stroke or combination of strokes, 25 yd. 2 Endurance, any stroke or combination of strokes, 50 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Battleship Forty Ways Hang on Harvey 		<p>RESTING STROKE</p> <ol style="list-style-type: none"> 1 Scissor kick, 25 yd. 2 Sidestroke, arms, 25 yd. 3 Resting stroke, sidestroke, 25 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Kick at Side of Wall Pick-an-Apple Drill Sidestroke Mantra 	


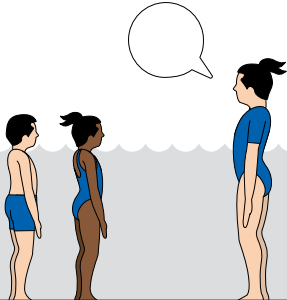

Lesson Guide 5.3 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 5.3	5 mins.	WRAP-UP	5 mins.
			<p>TREAD WATER</p> <ol style="list-style-type: none"> 1 Tread water, scissor & whip kick, 1 min. 2 Tread water, scissor & whip kick, 2 mins. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Assembly Line Noodle Push Tread Water in a Circle 	<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 2 Dive, kneeling, over object 3 Dive, kneeling <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Favorite Animal Hoop Dive Submarine <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

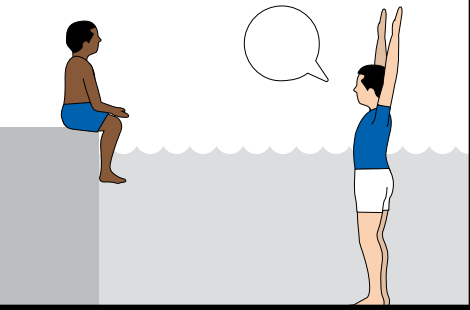
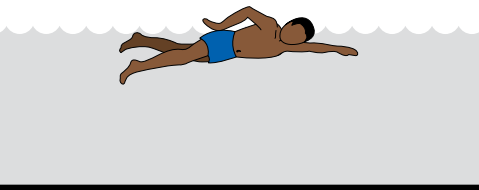
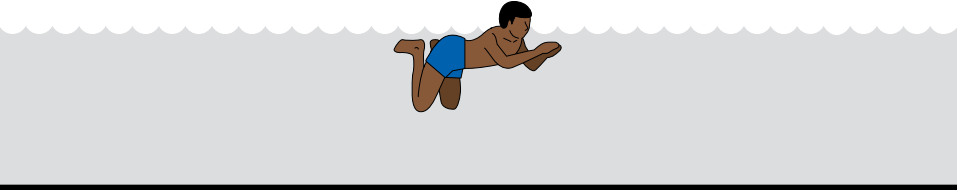
Lesson Guide 5.4

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> <ul style="list-style-type: none"> Animal Names Ask Permission Name Game 	<p>ENDURANCE</p> <ol style="list-style-type: none"> 1 Endurance, any stroke or combination of strokes, 25 yd. 2 Endurance, any stroke or combination of strokes, 50 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Battleship Forty Ways Hang on Harvey 	<p>TREAD WATER</p> <ol style="list-style-type: none"> 1 Tread water, scissor & whip kick, 1 min. 2 Tread water, scissor & whip kick, 2 mins. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Assembly Line Noodle Push Tread Water in a Circle


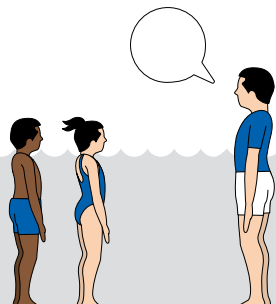

Lesson Guide 5.4 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 5.4	5 mins.	WRAP-UP	5 mins.
			<p>BREASTSTROKE</p> <ol style="list-style-type: none"> 1 Breaststroke, kick, 25 yd. 2 Breaststroke, arms, 25 yd. 3 Breaststroke, 25 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Arm Mantras Heel-Touch Drill One-Pull-Two-Kicks Drill 	<p>HUDDLE POSITION</p> <p>Ask students to demonstrate HELP and describe what the acronym stands for:</p> <p>HELP (Heat Escape Lessening Position) involves floating in a tucked position with a life jacket on to preserve body heat.</p> <p>Discuss how to stay warm if there are multiple people in the water:</p> <p>Huddle position allows a group of people to preserve body heat by sharing heat if they are in the water for a long period of time.</p>	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, sitting 2 Dive, kneeling, over object 3 Dive, kneeling <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Favorite Animal Hoop Dive Submarine <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

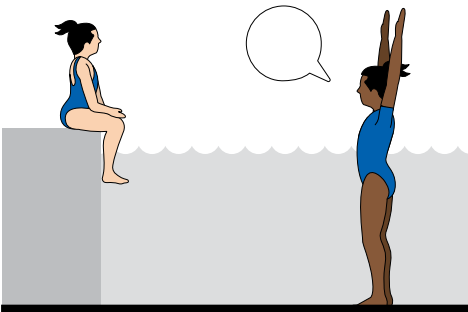
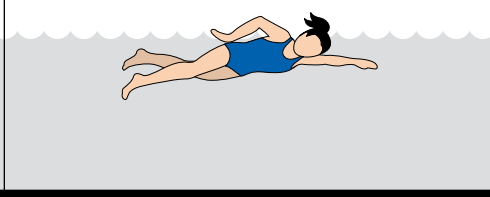
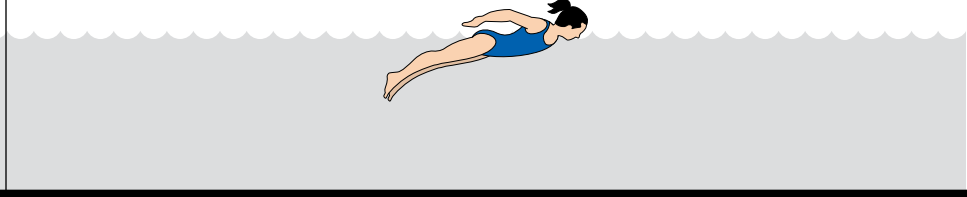
Lesson Guide 5.5

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> <ul style="list-style-type: none"> Animal Names Ask Permission Name Game 	<p>ENDURANCE</p> <ol style="list-style-type: none"> 1 Endurance, any stroke or combination of strokes, 25 yd. 2 Endurance, any stroke or combination of strokes, 50 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Battleship Forty Ways Hang on Harvey 	<p>BREASTSTROKE</p> <ol style="list-style-type: none"> 1 Breaststroke, kick, 25 yd. 2 Breaststroke, arms, 25 yd. 3 Breaststroke, 25 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Arm Mantras Heel-Touch Drill One-Pull-Two-Kicks Drill


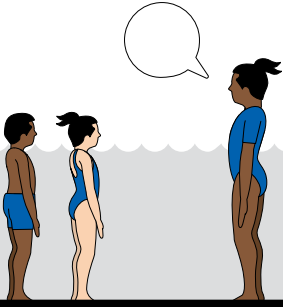

Lesson Guide 5.5 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 5.5	5 mins.	WRAP-UP	5 mins.
			<p>BUTTERFLY</p> <ol style="list-style-type: none"> 1 Butterfly, kick, 15 yd. 2 Butterfly, simultaneous arm action, 15 yd. 3 Butterfly, simultaneous arm action & kick, 15 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> One-Arm Drill Single-Leg-Kick Drill Standing Butterfly 	<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> <ol style="list-style-type: none"> 1 Dive, sitting 2 Dive, kneeling, over object 3 Dive, kneeling <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Favorite Animal Hoop Dive Submarine <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

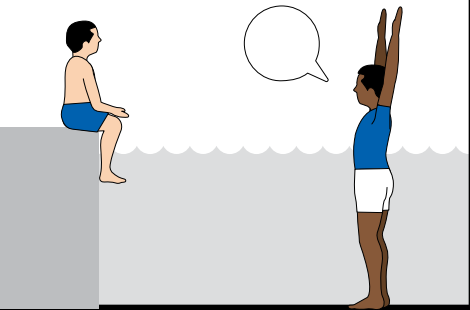

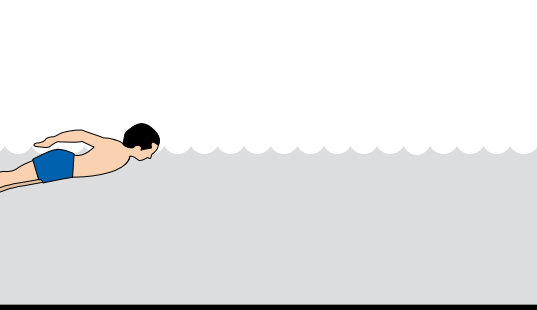
Lesson Guide 5.6

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, 25 yd. 2 Endurance, any stroke or combination of strokes, 50 yd. <p>Skill & Topic Library: Activities</p> <p>Battleship Forty Ways Hang on Harvey</p>	<p>BUTTERFLY</p> <ol style="list-style-type: none"> 1 Butterfly, kick, 15 yd. 2 Butterfly, simultaneous arm action, 15 yd. 3 Butterfly, simultaneous arm action & kick, 15 yd. <p>Skill & Topic Library: Activities</p> <p>One-Arm Drill Single-Leg-Kick Drill Standing Butterfly</p>


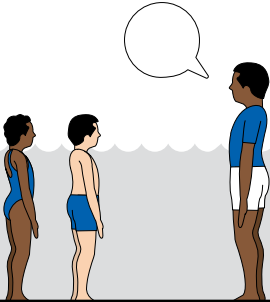

Lesson Guide 5.6 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 5.6	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>ABDOMINAL THRUSTS</p> <p>Ask students what it means when someone is choking and what usually causes someone to choke:</p> <p>Choking occurs when a person can't breathe because something is blocking his or her airway. Choking can happen when someone gets food or an object stuck in his or her throat.</p> <p>Ask students what they should do to help someone who may be choking:</p> <p>Call 911 and perform abdominal thrusts, which help to dislodge the object stuck in the person's throat.</p> <p>Demonstrate abdominal thrusts on a mannequin or kickboard.</p>	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, sitting 2 Dive, kneeling, over object 3 Dive, kneeling <p>Skill & Topic Library: Activities</p> <p>Favorite Animal</p> <p>Hoop Dive</p> <p>Submarine</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

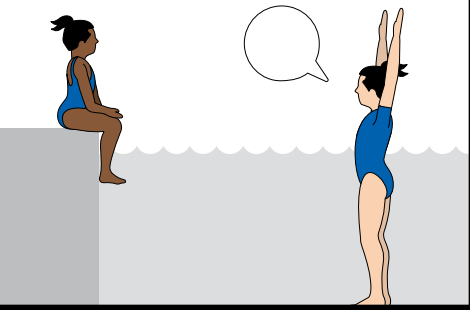
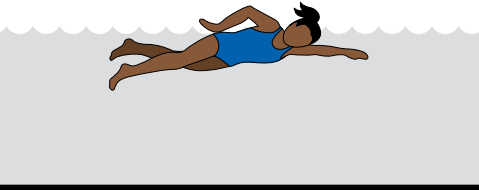
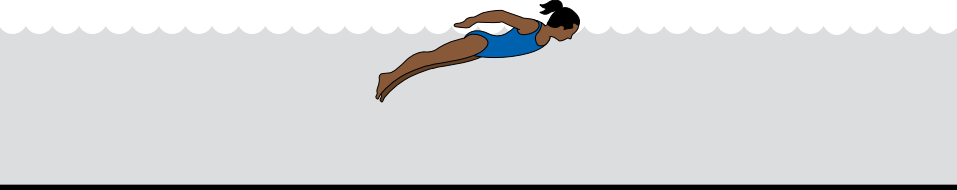
Lesson Guide 5.7

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, 25 yd. 2 Endurance, any stroke or combination of strokes, 50 yd. <p>Skill & Topic Library: Activities</p> <p>Battleship Forty Ways Hang on Harvey</p>		<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>	


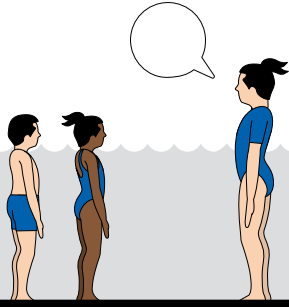
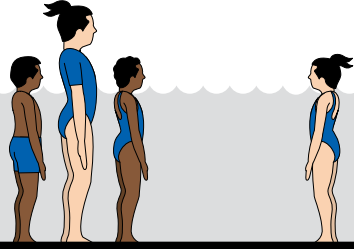
Lesson Guide 5.7 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 5.7	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>REST & RELAXATION</p> <p>Discuss what contributes to feeling rested and relaxed:</p> <ul style="list-style-type: none"> - Turning off screens, especially before bed, to allow your mind to rest - Sleeping 8 to 10 hours a night - Going to bed at the same time every night <p>Ask students why it is important to get enough rest:</p> <ul style="list-style-type: none"> - So you have enough energy for the next day - To prevent illness - So your brain and body can grow and remain healthy 	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, sitting 2 Dive, kneeling, over object 3 Dive, kneeling <p>Skill & Topic Library: Activities</p> <p>Favorite Animal</p> <p>Hoop Dive</p> <p>Submarine</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

Lesson Guide 5.8

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, 25 yd. 2 Endurance, any stroke or combination of strokes, 50 yd. <p>Skill & Topic Library: Activities</p> <p>Battleship Forty Ways Hang on Harvey</p>	<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>

Lesson Guide 5.8 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 5.8	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>WATER PARKS</p> <p>Ask students if they've ever been to a water park and, if so, what their favorite part was.</p> <p>Share some safety rules at water parks:</p> <ul style="list-style-type: none"> - Stay with your group and arrange a spot to meet if you get separated. - Follow the rules of the slide; ride in the proper position, as directed. - Walk, don't run. - Listen to and obey lifeguards. - Put on sunscreen regularly. - In a wave pool, know the depth of the water you are entering; listen for the signal that the waves are starting. 	<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>