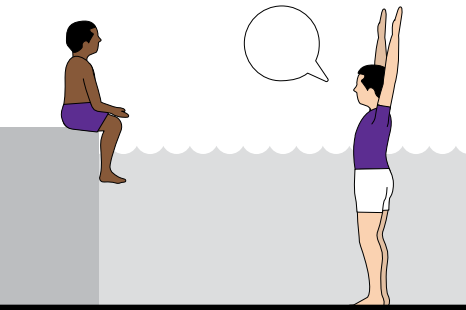
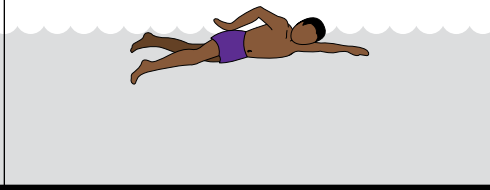

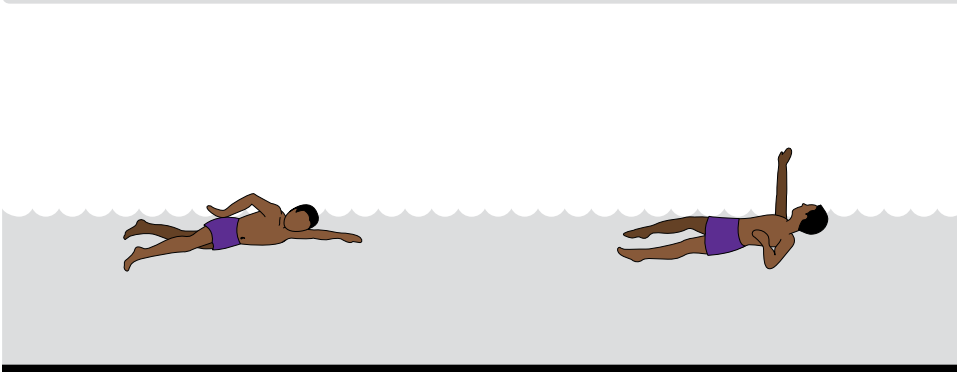
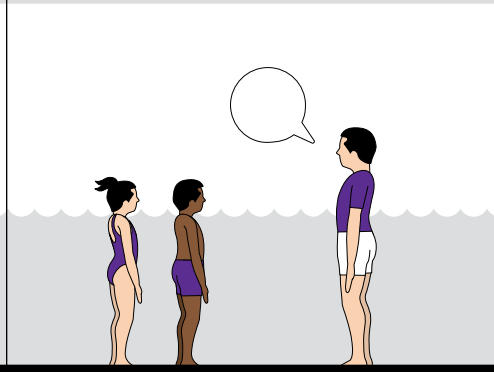
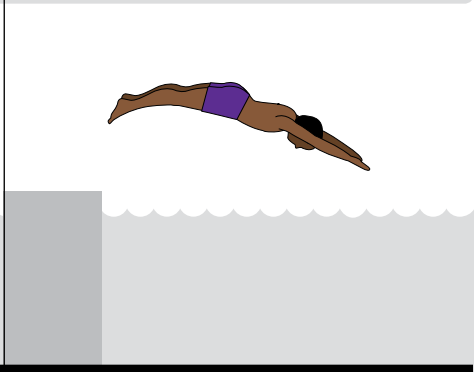


Lesson Guide 6.1

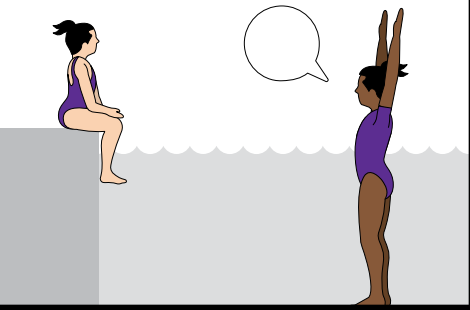
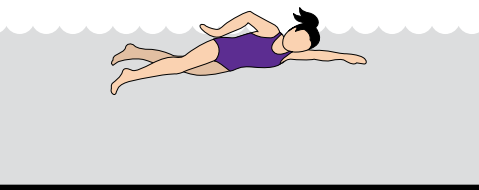
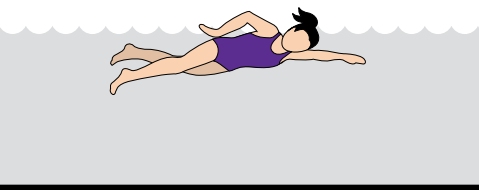
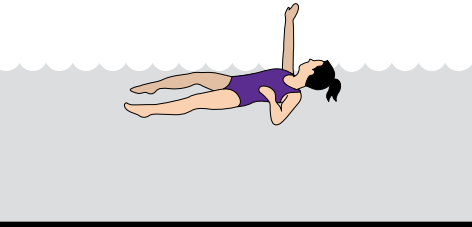
CAUTION: When conducting a swim lesson, only touch and hold children when it is appropriate to do so to accomplish a teaching objective. Do not ever touch children in private areas covered by a swimsuit.

WELCOME	1-2 mins.	WARM-UP	8 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> <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, 50 yd. 2 Endurance, any stroke or combination of strokes, 100 yd. 3 Endurance, any stroke or combination of strokes, 150 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Balloon Relay Carp & Cranes Obstacle Course 		<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 	


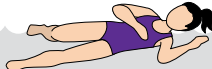
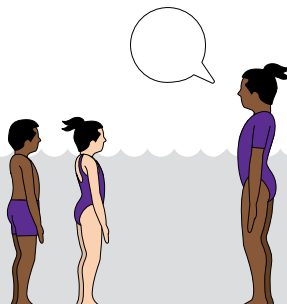
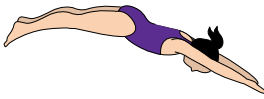
Lesson Guide 6.1 continued

INTRODUCE & PRACTICE SKILLS	10 mins.	TOPIC 6.1	5 mins.	WRAP-UP	5 mins.
					
<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Front crawl, bent-arm recovery, 25 yd. 2 Front glide, with flutter kick, 50 yd. 3 Front glide, rotary breathing, 50 yd. 4 Flip turn 5 Front crawl, flip turn, 50 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Chicken-Wing Drill Fist Drill Minimum Number of Strokes 	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Back crawl, pull, 25 yd. 2 Back glide, with flutter kick, 50 yd. 3 Flip turn 4 Back crawl, pull & flip turn, 50 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Bent-Arm Pull Using Rope Sailboat Drill Touch-Down Drill 	<p>HYPOTHERMIA</p> <p>Discuss what hypothermia is:</p> <p>Hypothermia is when a person's body temperature becomes dangerously low, usually because of prolonged exposure to cold temperatures.</p> <p>Explain how to prevent hypothermia:</p> <ul style="list-style-type: none"> - Cover all exposed areas of skin. - Keep moving in freezing temperatures, no matter how tired you are. <p>Discuss how to treat hypothermia:</p> <p>Warm up gradually, use blankets, and seek medical help.</p>	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, kneeling 2 Dive, standing, over object 3 Dive, standing <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Long, Shallow Dive Object Dive Racing Start <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>		

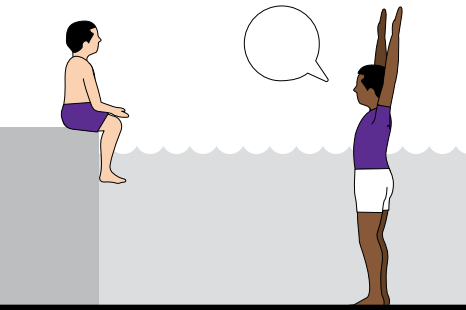
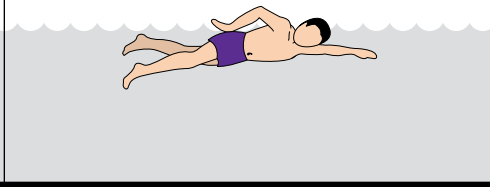
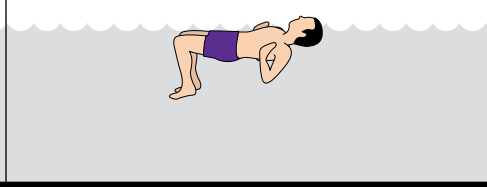
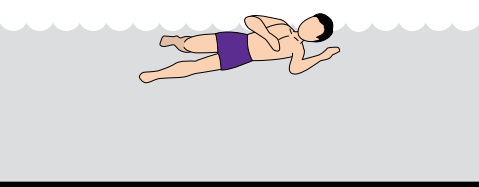
Lesson Guide 6.2

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> <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, 50 yd. 2 Endurance, any stroke or combination of strokes, 100 yd. 3 Endurance, any stroke or combination of strokes, 150 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Balloon Relay Carps & Cranes Obstacle Course 	<p>FRONT CRAWL</p> <ol style="list-style-type: none"> 1 Front crawl, bent-arm recovery, 25 yd. 2 Front glide, with flutter kick, 50 yd. 3 Front glide, rotary breathing, 50 yd. 4 Flip turn 5 Front crawl, flip turn, 50 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Chicken-Wing Drill Fist Drill Minimum Number of Strokes 	<p>BACK CRAWL</p> <ol style="list-style-type: none"> 1 Back crawl, pull, 25 yd. 2 Back glide, with flutter kick, 50 yd. 3 Flip turn 4 Back crawl, pull & flip turn, 50 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Bent-Arm Pull Using Rope Sailboat Drill Touch-Down Drill


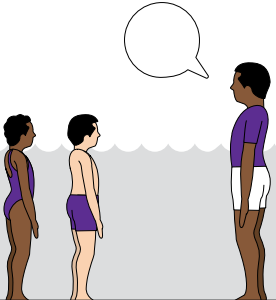

Lesson Guide 6.2 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 6.2	5 mins.	WRAP-UP	5 mins.
 					
<p>RESTING STROKE</p> <ol style="list-style-type: none"> 1 Back glide, elementary backstroke kick, 25 yd. 2 Back glide, elementary backstroke arms, 50 yd. 3 Resting stroke, elementary backstroke, 50 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Arm Mantras Integrated-Movement Mantra Rocket Glide 	<p>RESTING STROKE</p> <ol style="list-style-type: none"> 1 Scissor kick, 50 yd. 2 Sidestroke, arms, 50 yd. 3 Resting stroke, sidestroke, 50 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>RESCUE BREATHING</p> <p>Ask students why it's dangerous when a person is unconscious or not breathing and what they should do to help:</p> <p>The person isn't getting any oxygen in the body, which could lead to serious injuries. Call 911 and perform rescue breathing.</p> <p>Share how to perform rescue breathing:</p> <p>Blow air into the mouth to inflate the lungs.</p> <p>Have students practice rescue breathing on a mannequin or kickboard.</p>	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, kneeling 2 Dive, standing, over object 3 Dive, standing <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Long, Shallow Dive Object Dive Racing Start <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>		

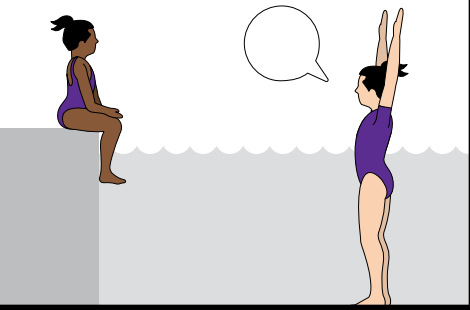
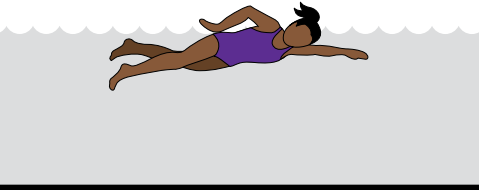
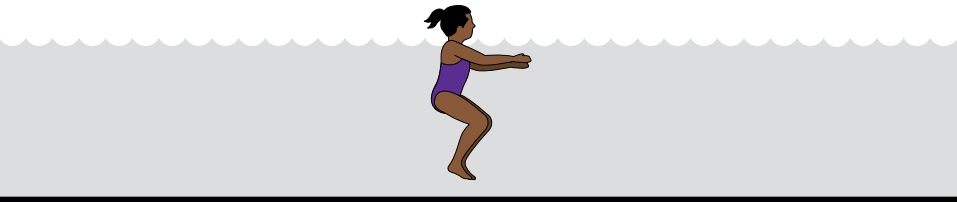
Lesson Guide 6.3

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>ENDURANCE</p> <ol style="list-style-type: none"> 1 Endurance, any stroke or combination of strokes, 50 yd. 2 Endurance, any stroke or combination of strokes, 100 yd. 3 Endurance, any stroke or combination of strokes, 150 yd. <p>Skill & Topic Library: Activities</p> <p>Balloon Relay Carp & Cranes Obstacle Course</p>	<p>RESTING STROKE</p> <ol style="list-style-type: none"> 1 Back glide, elementary backstroke kick, 25 yd. 2 Back glide, elementary backstroke arms, 50 yd. 3 Resting stroke, elementary backstroke, 50 yd. <p>Skill & Topic Library: Activities</p> <p>Arm Mantras Integrated-Movement Mantra Rocket Glide</p>	<p>RESTING STROKE</p> <ol style="list-style-type: none"> 1 Scissor kick, 50 yd. 2 Sidestroke, arms, 50 yd. 3 Resting stroke, sidestroke, 50 yd. <p>Skill & Topic Library: Activities</p> <p>Kick at Side of Wall Pick-an-Apple Drill Sidestroke Mantra</p>


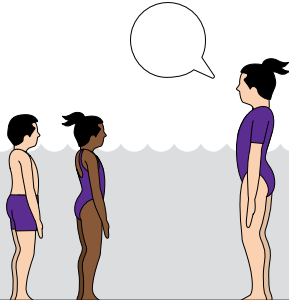
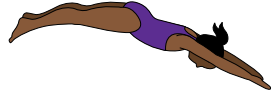
Lesson Guide 6.3 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 6.3	5 mins.	WRAP-UP	5 mins.
			<p>TREAD WATER</p> <ol style="list-style-type: none"> 1 Tread water, scissor & whip kick, 2 mins. 2 Tread water, retrieve object off bottom, tread 1 min. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Assembly Line Honest Abe Tidal Wave 	<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, kneeling 2 Dive, standing, over object 3 Dive, standing <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Long, Shallow Dive Object Dive Racing Start <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

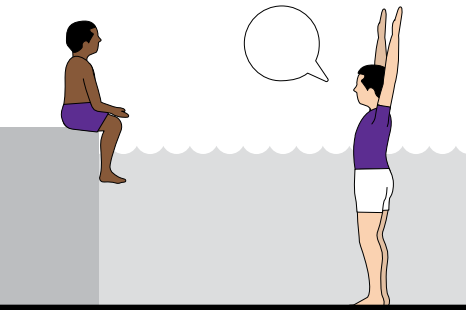
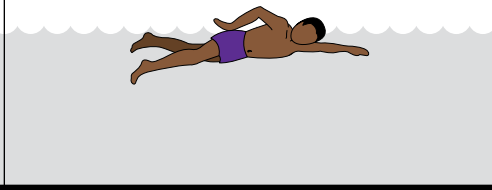
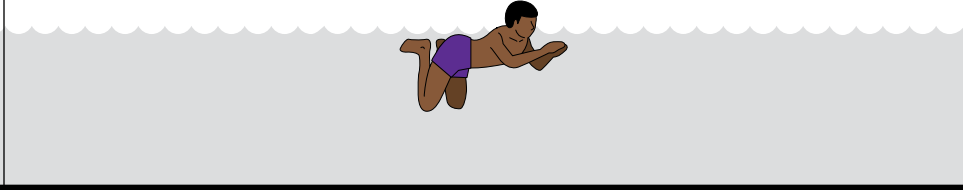
Lesson Guide 6.4

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>ENDURANCE</p> <ol style="list-style-type: none"> 1 Endurance, any stroke or combination of strokes, 50 yd. 2 Endurance, any stroke or combination of strokes, 100 yd. 3 Endurance, any stroke or combination of strokes, 150 yd. <p>Skill & Topic Library: Activities</p> <p>Balloon Relay Carp & Cranes Obstacle Course</p>	<p>TREAD WATER</p> <ol style="list-style-type: none"> 1 Tread water, scissor & whip kick, 2 mins. 2 Tread water, retrieve object off bottom, tread 1 min. <p>Skill & Topic Library: Activities</p> <p>Assembly Line Honest Abe Tidal Wave</p>


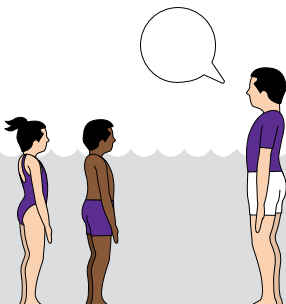
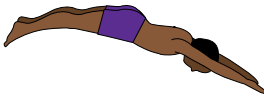
Lesson Guide 6.4 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 6.4	5 mins.	WRAP-UP	5 mins.
			<p>BREASTSTROKE</p> <ol style="list-style-type: none"> 1 Breaststroke, 25 yd. 2 Breaststroke, kick, 50 yd. 3 Breaststroke, arms, 50 yd. 4 Open turn 5 Breaststroke, open turn, 50 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Arm-Position Drill Pull With Support Sea Horse Drill 	<p>BENCHMARK SKILLS</p> <p>Discuss why it is important to learn to swim long distances:</p> <ul style="list-style-type: none"> - It can save your life. - It's a good way to stay physically active. <p>Discuss what students can do once they've become strong swimmers:</p> <ul style="list-style-type: none"> - Swim team or triathlons - Synchronized swimming or diving - Swim instruction and lifeguarding - Swimming for fun and physical activity 	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, kneeling 2 Dive, standing, over object 3 Dive, standing <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Long, Shallow Dive Object Dive Racing Start <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

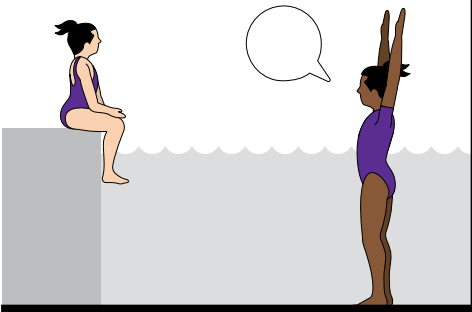
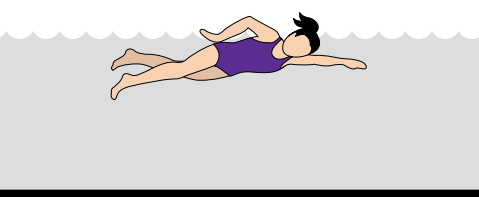

Lesson Guide 6.5

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, 50 yd. 2 Endurance, any stroke or combination of strokes, 100 yd. 3 Endurance, any stroke or combination of strokes, 150 yd. <p>Skill & Topic Library: Activities</p> <p>Balloon Relay Carp & Cranes Obstacle Course</p>	<p>BREASTSTROKE</p> <ol style="list-style-type: none"> 1 Breaststroke, 25 yd. 2 Breaststroke, kick, 50 yd. 3 Breaststroke, arms, 50 yd. 4 Open turn 5 Breaststroke, open turn, 50 yd. <p>Skill & Topic Library: Activities</p> <p>Arm-Position Drill Pull With Support Sea Horse Drill</p>


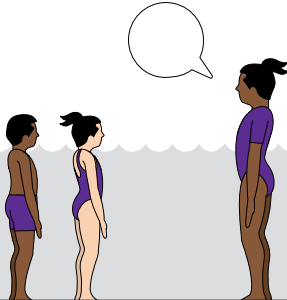
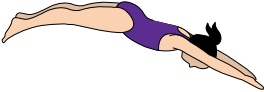
Lesson Guide 6.5 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 6.5	5 mins.	WRAP-UP	5 mins.
			<p>BUTTERFLY</p> <ol style="list-style-type: none"> 1 Butterfly, simultaneous arm action & kick, 15 yd. 2 Butterfly, kick, 25 yd. 3 Butterfly, arms, 25 yd. 4 Open turn 5 Butterfly, 25 yd. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> 3 x 3 x 3 Build-Up Drill Arms-Only Drill Pause Drill 	<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, kneeling 2 Dive, standing, over object 3 Dive, standing <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Long, Shallow Dive Object Dive Racing Start <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

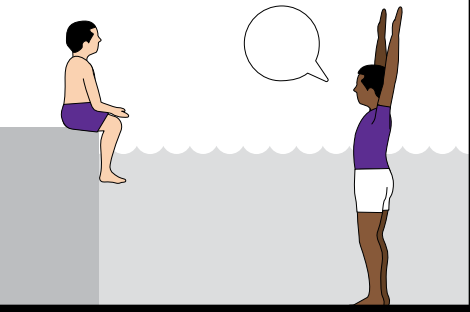

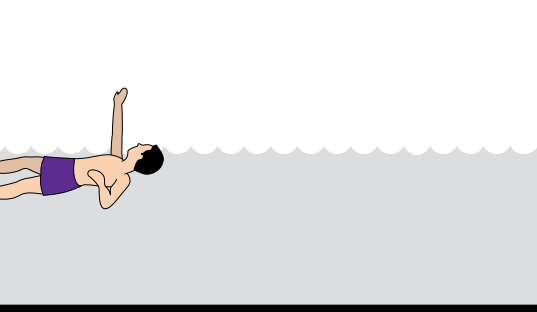
Lesson Guide 6.6

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, 50 yd. 2 Endurance, any stroke or combination of strokes, 100 yd. 3 Endurance, any stroke or combination of strokes, 150 yd. <p>Skill & Topic Library: Activities</p> <p>Balloon Relay Carp & Cranes Obstacle Course</p>	<p>BUTTERFLY</p> <ol style="list-style-type: none"> 1 Butterfly, simultaneous arm action & kick, 15 yd. 2 Butterfly, kick, 25 yd. 3 Butterfly, arms, 25 yd. 4 Open turn 5 Butterfly, 25 yd. <p>Skill & Topic Library: Activities</p> <p>3 x 3 x 3 Build-Up Drill Arms-Only Drill Pause Drill</p>


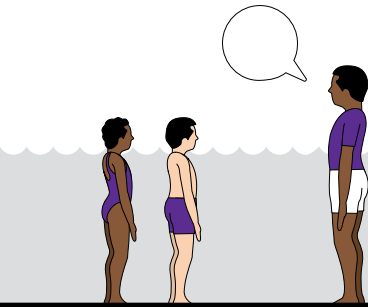
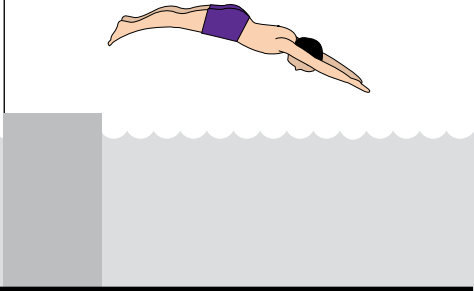
Lesson Guide 6.6 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 6.6	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>CPR</p> <p>Ask students what CPR is and why someone would need it:</p> <p>Cardiopulmonary resuscitation (CPR) helps maintain vital blood flow to the heart and brain. If someone doesn't respond, check for breathing and a pulse. When you can't see, hear, or feel any signs of breathing and you can't find a pulse after 10 seconds, the person probably needs CPR.</p> <p>Demonstrate how to check for a pulse and to see if someone is breathing by listening, feeling, and watching for signs of breath. Let students practice on one another.</p>		<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, kneeling 2 Dive, standing, over object 3 Dive, standing <p>Skill & Topic Library: Activities</p> <p>Long, Shallow Dive</p> <p>Object Dive</p> <p>Racing Start</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>	

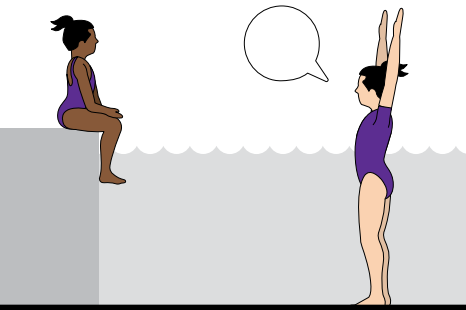
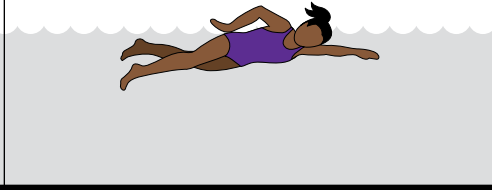
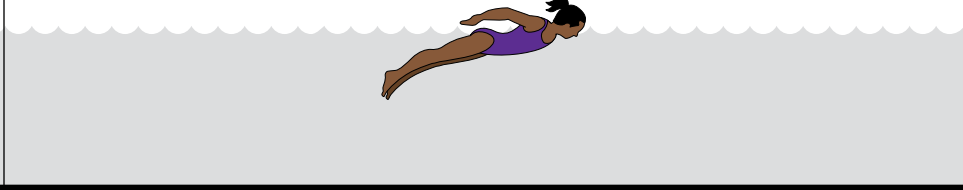
Lesson Guide 6.7

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, 50 yd. 2 Endurance, any stroke or combination of strokes, 100 yd. 3 Endurance, any stroke or combination of strokes, 150 yd. <p>Skill & Topic Library: Activities</p> <p>Balloon Relay Carps & Cranes Obstacle Course</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>	


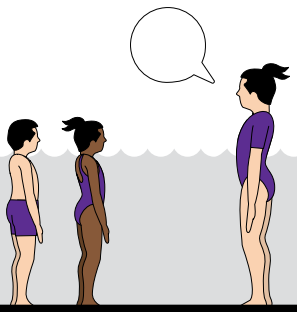
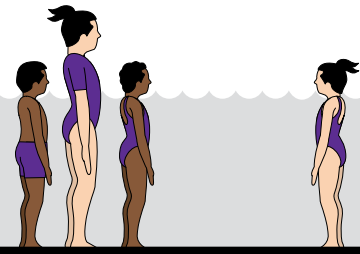
Lesson Guide 6.7 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 6.7	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>PHYSICAL ACTIVITY</p> <p>Discuss why physical activity is important:</p> <p>It makes your heart healthy, strengthens your muscles and bones, lengthens your life, and prevents illness.</p> <p>Ask students to list some fun ways to be physically active:</p> <p>Playing sports, running, swimming, etc.</p> <p>Swimming is a healthy way to be physically active; it exercises your whole body but is gentle on your joints. The water's buoyancy supports body weight, which means less pressure on your joints.</p>	<p>DIVE</p> <ol style="list-style-type: none"> 1 Dive, kneeling 2 Dive, standing, over object 3 Dive, standing <p>Skill & Topic Library: Activities</p> <p>Long, Shallow Dive</p> <p>Object Dive</p> <p>Racing Start</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

Lesson Guide 6.8

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, 50 yd. 2 Endurance, any stroke or combination of strokes, 100 yd. 3 Endurance, any stroke or combination of strokes, 150 yd. <p>Skill & Topic Library: Activities</p> <p>Balloon Relay Carps & Cranes Obstacle Course</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 6.8 continued

INTRODUCE & PRACTICE SKILLS	15 mins.	TOPIC 6.8	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>CRAMPS</p> <p>Ask students to describe a cramp:</p> <p>A cramp is an uncontrolled tightening of muscles, usually in the legs or the feet.</p> <p>Discuss how to treat cramps experienced while swimming:</p> <p>For cramps that occur in the pool, swim to the side, climb out, knead and stretch the cramped muscle, and try to walk to release the cramp. For cramps that occur in open water, when you are far from shore, try to knead and stretch the cramped muscle while you are in a resting position.</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>