

Instructor Name	
Date / Time of Class	

Remember the 3x (GST) rule:

General corrections after entire group attempts item

Specific corrections for each swimmer

Try it again and apply corrections

Lesson #1 of 1

Notes / Time	Activity / Topic	Formation
3 min	<p>Bird's Wings - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers hold a buoyant object in each hand or under each arm. 2. Have swimmers make noises like various birds (quack, cluck, chirp) as they move or kick around the pool. <p>Equipment: water noodles</p> <p>Skill Used: Front Float and Recovery 3 sec</p>	scatter
3 min	<p>Banana Peel - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers pretend to be a banana stuck to the edge, facing the wall, hanging on with hands, and feet up on the wall. 2. Swimmers slowly peel themselves off the edge, like peeling a banana, until they are flat on the surface. 3. Have swimmers choose other fruits that have a peel and repeat the activity. <p>Equipment: none</p> <p>Skill Used: Back Float and Recovery 3 sec</p>	wave

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
5 min	<p>Treasure Hunt - 2020</p> <ol style="list-style-type: none"> 1. Create a treasure hunt. 2. Have swimmers stand at the edge of the pool, yell, "Stop! Look! Ask! (here I come)," jump in the water, swim on their front to the buried treasure (which you're holding in your hands), retrieve the object, and return to the "ship." <p>Equipment: diving rings, sinking animals</p> <p>Skill Used: Distance Swim 5m</p>	scatter
2 min	<p>Blast off - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers stand in shallow water at the wall. 2. Tell swimmers to pretend to be rocket ships. 3. You pretend to be a planet or star that the rocket ships want to explore. 4. Together you all count down, and ships blast off toward you, after everyone yells, "Blast off!" 5. Have swimmers move toward you in a glide formation on back or front, either individually or all together. 6. Have swimmers add a flutter kick to the glide for rocket "booster power." <p>Equipment: none</p> <p>Skill Used: Back Glide 5 sec</p>	circle
3 min	<p>Torpedo Target - 2020</p> <ol style="list-style-type: none"> 1. Ask swimmers to pretend they are torpedo fish. 2. Hold a kickboard underwater about 2m away as a target. 3. Have swimmers push off from the edge or bottom and glide to the target. 4. Have swimmers glide on their sides and their backs. <p>Equipment: kickboard</p> <p>Skill Used: Front Glide 5 sec</p>	wave

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p>Kicking Competitions</p> <ol style="list-style-type: none"> 1. With a partner, swimmers face each other with arms outstretched, pushing on a buoyant object placed between them. 2. Have swimmers flutter kick as hard as they can to attempt to push each other backwards. <p>Equipment: water noodle</p> <p>Skill Used: Front Swim 5m</p>	scatter
3 min	<p>Crayon Box (variation: torpedoes, carrots, arrows) - 2020</p> <ol style="list-style-type: none"> 1. Have the swimmers pretend they are crayons in a box. Line them up along the edge and assign each a colour. 2. Yell out different colours. Swimmers push off from the wall and glide when their colour is called. <p>Equipment: none</p> <p>Skill Used: Front Glide with kick 5m</p>	wave
3 min	<p>Finding Fishy - 2020</p> <ol style="list-style-type: none"> 1. Place laminated fish characters on bottom of the pool. 2. Have swimmers search for Leon the fish while gliding (and kicking) around in the shallow water. <p>Equipment: laminated fish characters, diving rings</p> <p>Skill Used: Front Glide with Flutter Kick 5m (Assisted)</p>	scatter
3 min	<p>Chocolate Dipped Cookies (variation: fondue) - 2020</p> <ol style="list-style-type: none"> 1. Tell swimmers to pretend the water is full of chocolate. 2. Have swimmers pretend they are their favourite kind of cookie, ready to be covered with chocolate. 3. Have swimmers glide on their back (or front) as long as they can (to get more chocolate on them), and then roll over to their front (or back). 4. Remind the swimmers that the longer they glide, the more chocolate gets on the cookies. 5. Assist swimmers when necessary. <p>Equipment: none</p> <p>Skill Used: Roll-Over Glide 5 sec (Assisted)</p>	scatter

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p>Duck the Bridge</p> <ol style="list-style-type: none"> 1. Have swimmers stand in a semicircle while you stand opposite from the class with a water water noodle or kickboard. 2. Rotate the water water noodle or kickboard slowly. 3. The swimmers duck their head underwater as the water water noodle/kickboard passes over them. <p>Equipment: water noodle, kickboard,</p> <p>Skill Used: Exhale thru mouth or nose</p>	circle
3 min	<p>The Listening Game - 2020</p> <ol style="list-style-type: none"> 1. Give a series of directions very quickly to your swimmers and caregivers (e.g., stand up, sit down, blow bubbles, wash face, wiggle in the water). 2. Challenge them to follow your directions. 3. Play for a maximum of three minutes. <p>Equipment: none</p> <p>Skill Used: Submerge head</p>	circle
3 min	<p>Bubbles in my Drink</p> <ol style="list-style-type: none"> 1. Have straws for each swimmer. Try to find brightly coloured or interestingly shaped straws. 2. Have swimmers practise blowing bubbles through the straw using a small container of water (e.g., plastic glass, toy bucket). 3. Have swimmers move into the water and blow bubbles into the water. 4. Have swimmers blow bubbles into the water without using the straw. <p>Equipment: straws, toy buckets, plastic bottles</p> <p>Skill Used: Exhale through Mouth and/or Nose</p>	scatter

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p>Five Little Fishes</p> <ol style="list-style-type: none"> 1. Talk the swimmers through each step of Stop! Look! Ask! and then ask them if they want assistance when jumping in. 2. If a swimmer requests assistance, hold his or her hand. 3. Sing "Five Little Fishes Jumping in the Water," but have swimmers ask each time before they jump. <p>Equipment: none</p> <p>Skill Used: Supervision</p>	
3 min	<p>Entry Activities - 2020</p> <p>Have caregiver use these rhymes, jingles to enter the water:</p> <p>Humpty Dumpty Jack Be Nimble Dyeing (dipping) the Easter Egg</p> <p>Equipment: None</p> <p>Skill Used: Shallow Water Entries and Exits</p>	
3 min	<p>Motor boat (variation boiling water) - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers hold onto a water water noodle or kickboard. 2. While you chant the rhyme, swimmers do the appropriate action: Motorboat, motorboat, kick so slow. (kick slow) Motorboat, motorboat, kick so fast. (kick fast) Motorboat, motorboat, step on the gas. (kick with splash) Motorboat, motorboat, run out of gas. (stop kick) 3. Make sure kicking motion is up and down and the swimmers' body position approaches horizontal. <p>Equipment: water noodle</p> <p>Skill Used: Flutter Kick 5m (Assisted)</p>	staggered wave