

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>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. 	
	Equipment: none	
	Skill Used: Supervision	
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>	
	Equipment: None	
	Skill Used: Shallow Water Entries and Exits	

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p>Exploring - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers try submerging their head while blowing bubbles out their nose. Have them stop moving and blowing bubbles while they're still underwater. No water will go in their nose. Ask them why not? 2. Ask swimmers why is it important to be relaxed when breathing? <p>Equipment: none</p> <p>Skill Used: Exhale through Mouth and/or Nose</p>	scatter
3 min	<p>Picking Ping-Pong Balls</p> <ol style="list-style-type: none"> 1. Have a variety of Ping-Pong balls of different colours (use permanent marker to colour them). 2. Use them for a variety of activities: <ul style="list-style-type: none"> * Have swimmers collect specific colours. * Have swimmers blow them from one spot to another (you can use straws for this, too). * Have swimmers move around the pool and gather them and place them in containers around the edge. * Have swimmers push them from one spot to another, using arm actions (on front). * Have swimmers kick them away using flutter kicks on their back. <p>Equipment: ping pong balls - of different colour</p> <p>Skill Used: Submerge head</p>	scatter
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: Rhythmic Breathing 5 times</p>	scatter

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p>Butterfly Wings - 2020</p> <ol style="list-style-type: none"> 1. Tell the swimmers that they are butterflies breaking out of a cocoon. 2. The swimmers gradually stretch out their wings (arms and legs) in the water. 3. Let the swimmers describe their wing colours. 4. Assist them to perform their front and back float positions. <p>Equipment: none</p> <p>Skill Used: Back Float and Recovery 3 sec</p>	wave
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
5 min	<p>Rocketship Pencil Sharpener - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers form into four teams of rocket ships (front glides/back glides/side glides/rollover glides) and give each team a formation to perform (i.e., star fan, straight line). 2. On your signal, the teams push off from the edge and kick in their designated glide formations. 3. Switch glide positions or colours <p>Equipment: None</p> <p>Skill Used: Back Glide 5 sec</p>	wave

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
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
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>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
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: Front Swim 5m</p>	circle
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
5 min	<p>Silly Strokes - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers start swimming a basic stroke, and then yell out an adaptation such as the following: <ul style="list-style-type: none"> * Pretend you are going under a bridge! * Keep your right arm dry! * Show off your bathing suit! * Keep your face out of the water! 2. Swimmers must swim the designated distance without touching the bottom. Start with a shorter distance and increase to the required distance. <p>Equipment: none</p> <p>Skill Used: Distance Swim 5m</p>	staggered wave