

Red Cross Swim Kids 2

Lesson #1



Duration: 30 minutes

Time: _____

Equipment: Water noodles, sinking objects, pictures of safety rules being broken and of rules being followed

Time (mins)	Activity/Skill	Formation
2	<p>Warm-Up</p> <p>Water Entry</p> <ul style="list-style-type: none"> - Chop Chop Timber (see page 2) <p>Rhythmic Breathing 10 Times (2 ways)</p> <ul style="list-style-type: none"> - Water Noodle Race: swimmers kick across the pool blowing bubbles, their face in the water, holding on to a water noodle - Bubble Game: each time you say a number the swimmers blow that many bubbles 	
7	<p>Skills and Water Safety</p> <p>Pick Up Bugs (see page 2)</p> <p>Rules Are Made . . . (see page 2)</p>	
16	<p>Strokes and Drills</p> <p><i>Screen swimmers for RCSK 1 skills</i></p> <p>Front Float and Recovery 3 sec</p> <p>Front Glide 5 sec – 3 times</p> <ul style="list-style-type: none"> - Swimmers pretend to be rocket ships <p>Front Glide with Kick 5m – 3 times</p> <ul style="list-style-type: none"> - Swimmers push off pretending to be airplanes, with arms as wings - Legs kick hard and act as the engine of the plane <p>Back Float and Recovery 3 sec</p> <p>Back Glide 5 sec – 3 times</p> <ul style="list-style-type: none"> - Repeat airplanes <p>Roll-Over Glides 5 sec (Assisted)</p> <ul style="list-style-type: none"> - Swimmers pretend to be hot dogs, floating on their front - Tell them to put ketchup on first and then roll to their back and put on mustard <p>Front Swim 5m</p> <p><i>Introduction to new RCSK 2 skills</i></p> <p>Side Glide with Flutter Kick 5m (Assisted)</p> <ul style="list-style-type: none"> - Using water noodle (repeat) 	
5	<p>Fitness Activities</p> <p>Flutter Kick 10m (Assisted)</p> <ul style="list-style-type: none"> - Crescendo Kicking Drills (see page 2) <ul style="list-style-type: none"> - 5m slow - 5m medium - 5m fast 	

Red Cross Swim Kids 2

Lesson #1



TEACHING TIP:

Remember the 3X (GST) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Chop Chop Timber

Purpose: Unassisted shallow water entries; demonstrate Stop! Look! Go Slow!

Safety supervision: Ensure all entries are feet first and swimmers do not fall forward

Description:

1. Have swimmers line up along the edge of the pool.
2. Have swimmers curl up into a tree seedling.
3. Ask them what type of tree they are.
4. Splash them with water. Use your hands to symbolize the sun.
5. The swimmers will stretch up and grow into big trees.
6. Pretend to chop down each tree. When the tree is chopped, the swimmer jumps in.

Variation: Popcorn

Pick Up Bugs

Description:

1. Tell swimmers to turn their back while you hide sinking objects in the water.
2. When you say "Go," swimmers turn, face the water, and find the "bugs."

Variation: Dinosaur or rings

Rules Are Made...

Purpose: Describe facility-/site-specific safety rules

Description:

1. Show 3 pictures of safety rules being broken and 1 picture of a rule being followed (or vice versa).
2. Have swimmers identify which picture(s) belong (i.e., show rule being followed) and why.

Crescendo Kicking Drills

Purpose: Practise kicking

Description:

1. Swimmers begin kicking at a slow pace and increase the pace with each distance completed.
Example: 3 × 10m – first length slow, second medium, third fast.
2. Can be used for any of the following, with or without a buoyant aid:
 - a) front glide with kick
 - b) back glide with kick
 - c) side glide with kick
 - d) a combination of glides, switching with every new repetition
3. Swimmers can rest between sets.

Red Cross Swim Kids 2

Lesson #2



Duration: 30 minutes

Time: _____

Equipment: Hoops, PFDs/lifejackets of various sizes and conditions, water noodles, variety of objects, construction paper

Time (mins)	Activity/Skill	Formation
8	<p>Skills and Water Safety</p> <p>Introduction to PFDs/lifejackets</p> <ul style="list-style-type: none"> - Show swimmers different PFDs/lifejackets, one in good shape, one with zippers broken <p>EMS/9-1-1 Pizza Wheel (see page 2)</p> <p>Goldie Swimmer and the 3 PFDs/Lifejackets (see page 2)</p>	
1	<p>Warm-Up</p> <p>Rhythmic Breathing 10 Times (2 Ways)</p> <ul style="list-style-type: none"> - Swimmer goes underwater while you hold an object. Swimmer must open eyes, touch the object, and blow bubbles 	
19	<p>Strokes and Drills</p> <p>Front Glide with Flutter Kick 10m</p> <ul style="list-style-type: none"> - 3 times, increasing the distance by 5m, 7m, and 10m - Pretend to be submarines going down to Atlantis to find the lost city - Kick through hoops <p>Side Glide with Flutter Kick 5m (Assisted)</p> <ul style="list-style-type: none"> - Using water noodle – 3 times – Super Boy/Girl (see page 2) <p>Back Glide with Flutter Kick 5m</p> <p>Front Glide with Flutter Kick 10m</p> <p>Front Swim 5m</p> <ul style="list-style-type: none"> - Review of skills – Salmon Says (see page 2) 	
2	<p>Fitness Activity</p> <p>Distance Swim 10m</p> <ul style="list-style-type: none"> - Record the personal best distance for each swimmer 	

Red Cross Swim Kids 2

Lesson #2



TEACHING TIP:

Remember the 3X (GST) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

EMS/9-1-1 Pizza Wheel

Purpose: Teach swimmers about the emergency medical services (EMS) system

Description:

1. Draw a 6-slice pizza on paper.
2. Using different paper, cut 8 slices of pizza.
3. Put pictures of EMS/9-1-1 personnel on 6 of the slices. On the remaining 2 slices, put pictures of non-EMS/9-1-1 personnel (e.g., mail or pizza delivery person).
4. Ask swimmers to place the 6 correct EMS/9-1-1 slices on the pizza.

Goldie Swimmer and the 3 PFDs/Lifejackets

Purpose: Demonstrate the importance of a size-appropriate PFD/lifejacket

Description:

1. Begin the story of Goldie Swimmer and the 3 PFDs/Lifejackets.
2. The swimmers may choose a PFD/lifejacket that may be too big, too small, or just right.
3. Play a very short active game or sing an active song as part of the story (e.g., "Ring around the Rosie").
4. Repeat #2 and #3 until all the swimmers have had a chance to try on 3 different PFDs/lifejackets.
5. Review with the swimmers the benefits of wearing the appropriate size of PFD/lifejacket.

Super Boy/Girl

Purpose: Introduce side floats, glides

Description:

1. Have swimmers line up against the wall or use a buoyant aid as a support in the "super" position: one arm up by the head and the other at the side.

2. Challenge them to roll their shoulder forward/backward during the glide. Ask them what happens to their body. What feels more comfortable? What is more stable?
3. Tell swimmers to move their lower arms out of the water, back and forth across their body, where they glide. What happens?
4. Tell swimmers to lift their heads, to look forward, and to look back at their feet. When they glide, what happens to their bodies?
5. Using a buoyant aid, have swimmers push off from the side or bottom holding a side glide position as long as it is stable.

Salmon Says

Purpose: Following orders

Description:

1. You are Salmon, who gives commands to the swimmers.
2. If you say "Salmon says" before your command, swimmers must obey it; if they don't, they pay a penalty, such as swimming a certain distance or performing 10 bobs.
3. If you give a command without saying "Salmon says," swimmers must stay still; if they don't, they pay a penalty.

Typical Command

Salmon says:

1. Duck your head
2. Float
3. Tread water
4. Touch the bottom
5. Kick water

Variations:

1. Water safety: Include rules that the swimmers repeat, e.g., "Salmon says it's safer to swim with a buddy."

Red Cross Swim Kids 2

Lesson #3



Duration: 30 minutes

Time: _____

Equipment: Pictures of rules, transparencies, kickboards, sponges, buckets, sinking objects or weighted cards

Time (mins)	Activity/Skill	Formation
1	<p>Warm-Up</p> <p>Can You?</p> <ul style="list-style-type: none"> - In shallow water, ask swimmers questions (e.g., “Can you float like a turtle, jump like a frog, do a somersault, touch bottom?”). They shout out “Yes, we can” and then perform the action in the question. 	
6	<p>Fitness Activities</p> <p>Flutter Kick 10m (Assisted)</p> <ul style="list-style-type: none"> - Pyramid Kicking Drills (see page 2) – 5m each - Moderate, fast, moderate <p>Distance Swim 10m</p> <ul style="list-style-type: none"> - Encourage swimmers to swim as far as they can without stopping 	
4	<p>Skills and Water Safety</p> <p>Weight Transfer, Shallow Water – 3 times</p> <ul style="list-style-type: none"> - Find Your Name: Write swimmer’s name on a sinking object or weighted card. - Swimmers must retrieve their name and then do a bob for each letter of their name. 	
15	<p>Strokes and Drills</p> <p>Front Swim 5m</p> <p>Roll-Over Glide with Flutter Kick 5m</p> <p>Side Glide with Flutter Kick 5m (Assisted)</p> <p>Front Swim 5m</p> <p>Review of Skills</p> <ul style="list-style-type: none"> - Sponge and Bucket Relay (see page 2) 	
4	<p>Skills and Water Safety</p> <p>Facility/Site Rules</p> <ul style="list-style-type: none"> - Safe or Sorry (see page 2) <p>Deep Water Activities (Assisted)</p> <ul style="list-style-type: none"> - The Great Beyond (see page 2) 	

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Lesson #3



TEACHING TIP:

Remember the 3X (GST) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Pyramid Kicking Drills

Description:

1. Swimmers begin kicking at a slow pace and then increase the pace with each distance until the peak pace is reached. After the peak pace is reached, swimmers slowly decrease the pace with each remaining distance.

Example: 5 × 7m – first length slow, second medium, third fast, fourth medium, fifth slow

2. Rests can be scheduled between sets. Swimmers can use buoyant aids if desired.
3. Drills can be used for
 - a) front glide with kick
 - b) back glide with kick
 - c) side glide with kick
 - d) a combination of glides, switching with every new repetition.

Sponge and Bucket Relay

Purpose: Develop endurance to 15m

Description:

1. Divide your class into teams (WSI will decide that day). Each team should be across from a bucket and sponge, which are placed on land. Ensure that the distance is between 5m and 15m.
2. One or 2 swimmers at a time swim to the sponge, get it wet, and squeeze it into the bucket. The swimmers then swim back.
3. The winning team is the one that fills the bucket first.

Safe or Sorry

Purpose: Learn facility/site rules

Description:

1. Show pictures of swimmers obeying rules and/or breaking the rules.
2. If the picture shows swimmers breaking the rules, place a transparency with an X on it over the picture.
3. If it shows swimmers obeying the rules, place a transparency with a checkmark over it.

The Great Beyond

Purpose: Introduce assisted entry into deep water and independent deep-water activities

Safety supervision: Ensure swimmers enter the water one at a time

Description:

1. Take the class on a “secret” mission through the facility/site.
2. Have swimmers perform at least three different entries and exits during the mission.

Red Cross Swim Kids 2

Lesson #4



Duration: 30 minutes

Time: _____

Equipment: Kickboards, PFDs/lifejackets, hoops, sponges

Time (mins)	Activity/Skill	Formation
1	Warm-Up Entry into Water - Hoop Entries – 3 times - Swimmers put a sponge on their head and jump into the hoop	
5	Strokes and Drills Rhythmic Breathing 10 Times (2 Ways) - Underwater Messages - Swimmers submerge and send a message (animal sounds, words, humming underwater)	
2	Fitness Activity Distance Swim 10m - Work on exhaling underwater	
5	Skills and Water Safety Introduction to PFDs/Lifejackets - Caterpillar (see page 2)	
14	Strokes and Drills Front Glide with Flutter Kick 10m - Torpedo Targets (see page 2) Back Glide with Flutter Kick 5m - Torpedo Targets (see page 2) Front Swim 5m Side Glide with Flutter Kick 5m (Assisted) - Using kickboards – Torpedo Targets (see page 2) Roll-Over Glide with Flutter Kick 5m Front Swim 5m	
3	Activity Sponge Tag (see page 2)	

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Lesson #4



TEACHING TIP:

Remember the 3X (GST) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Caterpillar

Purpose: Practise back float wearing a PFD/lifejacket

Safety supervision: Make sure all PFDs/lifejackets fit properly and do not ride up on the swimmers

Description:

1. Have swimmers put on PFDs/lifejackets and enter the water.
2. Have swimmers stand in line and hold the handle collar or shoulder of the PFD/lifejacket of the person in front.
3. Ask all swimmers to gently lean into a back float, still holding on to the PFD/lifejacket of the person in front.
4. Hold the first person and pull all swimmers through the water.
5. When you yell "Spring," have all swimmers let go and float with arms and legs spread out to simulate the butterfly they have turned into.

Variations: Train, parade, bus, huddle

Torpedo Targets

Purpose: Practise front glides, back glides, and side glides with kick

Description:

1. Ask swimmers to pretend they are torpedoes from a submarine.
2. Hold a kickboard underwater about 3–5m away as a target.
3. Have swimmers push off from the edge or bottom and glide to the target for a count of 3 and then kick to the target.
4. Have swimmers glide on their sides and their backs while watching out for torpedoes.

Sponge Tag

Description:

1. Swimmers scatter throughout an area.
2. One swimmer is "It" and gets a sponge. "It" throws the sponge to tag another swimmer. If the sponge does not touch anyone, "It" must retrieve it and attempt to tag a swimmer again.

Variations:

1. More than one swimmer who is "It": swimmers pass the sponge to other swimmers who are "It" to tag a swimmer close by.
2. More than one sponge: each swimmer who is "It" has a sponge.
3. Ball tag: a sponge ball is thrown to tag swimmers.
4. Safety sponge tag: swimmers may not be tagged if they are performing a safety activity, such as treading water with hands in the air.

Red Cross Swim Kids 2

Lesson #5



Duration: 30 minutes

Time: _____

Equipment: Pucks or sinking rings, sponges, hoops, bucket, kickboards or water noodles

Time (mins)	Activity/Skill	Formation
	<p>NOTE: Complete a mid-session evaluation (optional).</p>	
8	<p>Skills and Water Safety</p> <p>Weight Transfer, Shallow Water</p> <ul style="list-style-type: none"> - Pick as many weighted objects as possible (rings/pucks) off the bottom of the pool <p>Deep Water Activities (Assisted):</p> <ul style="list-style-type: none"> - Front Float – Alphabet Soup (see page 2) – 3 times - Back Float – Alphabet Soup (see page 2) – 3 times - Sponge and Bucket Relay (see page 2) 	
3	<p>Strokes and Drills</p> <p>Glide Warm-Up:</p> <ul style="list-style-type: none"> - Different starts, begin the glide from: <ul style="list-style-type: none"> - Standing in the water - Pushing from the pool edge <p>Rhythmic Breathing 10 Times (2 Ways)</p>	
5	<p>Fitness Activity</p> <p>Flutter Kick 10m (Assisted) – 3 times</p>	
14	<p>Strokes and Drills</p> <p>Weight Transfer, Shallow Water</p> <ul style="list-style-type: none"> - Garden Party (see page 2) <p>Front Swim 5m</p> <p>Roll-Over Glide with Flutter Kick 5m</p> <ul style="list-style-type: none"> - Swimmers can do airplane stunts <p>Side Glide with Flutter Kick 5m (Assisted)</p> <ul style="list-style-type: none"> - May use kickboard or water noodle <p>Front Swim 5m</p> <ul style="list-style-type: none"> - Crabs and Crocodiles (see page 2) <p>Front Glide with Flutter Kick 10m</p> <ul style="list-style-type: none"> - Swimmers pretend to be snorkelling, looking at fish <p>Back Glide with Flutter Kick 5m</p> <ul style="list-style-type: none"> - Swimmers pretend to be peppermint sticks at a candy factory 	

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Lesson #5



TEACHING TIP:

Remember the 3X (GST) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Alphabet Soup

Purpose: Practise different floats

Description

1. Swimmers float in different positions to represent the different things in the soup (e.g., potatoes, peas, carrots).
2. Next ask swimmers to float in the shape of different letters. You and the other swimmers can try to guess the letter.

Sponge and Bucket Relay

Description:

1. Divide the class into pairs.
2. Hold a hoop in the deep end with sponges floating inside.
3. The first pair of swimmers swims out together to a hoop, grabs a sponge, brings it back to the edge, and squeezes the water into a bucket.
4. When the first pair returns, the next pair goes.

Garden Party

Purpose: Practise weight transfer

Description:

1. Tell swimmers to pick up a hockey puck from the side and pretend it is a seed (swimmers decide what kind of flower they are planting).
2. Swimmers go underwater and place a puck on the bottom in shallow water to plant the seed.
3. Swimmers log roll to pack earth down.
4. Swimmers splash to water the seeds.
5. Swimmers go underwater to pick a flower (hockey puck) off the bottom.

Crabs and Crocodiles

Purpose: Practise changing direction in shallow water

Safety supervision: Be sure swimmers can touch bottom

Description:

1. Divide swimmers into 2 teams.
2. Have the teams stand in the centre of the shallow end, facing each other, about 1m apart. Be sure each team is an equal distance from the edge.
3. Name one team "Crocodiles" and the other team "Crabs."
4. When you yell out "Crocodiles," all the crocodiles swim back to their edge of the pool and the crabs try to touch them.
5. Any crocodile who is touched before reaching the edge becomes a crab on the other team.
6. When you yell out "Crabs," the crocodiles chase the crabs to their edge.
7. The game ends when all swimmers become either crabs or crocodiles.

Red Cross Swim Kids 2

Lesson #6



Duration: 30 minutes

Time: _____

Equipment: Kickboards

Time (mins)	Activity/Skill	Formation
5	<p>Fitness Activities</p> <p>Flutter Kick 10m (Assisted)</p> <ul style="list-style-type: none"> - Cars with Kickboards (see page 2) <p>Distance Swim 10m</p> <ul style="list-style-type: none"> - Record the personal best distance for each swimmer 	
5	<p>Skills and Water Safety</p> <p>Deep Water Activities (Assisted)</p> <ul style="list-style-type: none"> - Spaghetti and Meatballs (see page 2) <p>Weight Transfer, Shallow Water</p>	
20	<p>Strokes and Drills</p> <p>Rhythmic Breathing 10 Times (2 Ways)</p> <p>Side Glide with Flutter Kick 5m (Assisted)</p> <ul style="list-style-type: none"> - Using kickboard – Snowbird Gliders (see page 2) – 3 times <p>Back Glide with Flutter Kick 5m</p> <p>Front Glide with Flutter Kick 10m</p> <p>Roll-Over Glide with Flutter Kick 5m</p> <ul style="list-style-type: none"> - Using kickboard – Snowbird Gliders (see page 2) – 3 times 	

Red Cross Swim Kids 2

Lesson #6



TEACHING TIP:

Remember the 3X (GST) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Cars with Kickboards

Purpose: Build fitness strength and skill

Description:

1. Show swimmers how to hold the kickboard properly – arms straight out front, hanging on to corners.
2. Explain that they are cars going along the road (black line on bottom of pool) and they all have headlights (eyes).
3. Tell them that it is dark, so they must keep their faces in the water, with their eyes on the bottom.

Spaghetti and Meatballs

Purpose: Practise different floats

Description:

1. Swimmers float in the shape of different parts of spaghetti (i.e., meatballs – jellyfish float; hard spaghetti – stiff front float).
2. Next they make the water boil by churning the water with their hands.
3. When they are fully cooked spaghetti, they turn and wiggle underwater.
4. Lastly, swimmers do a sauce float (face-down star float) and a cheese float (face-up star float).

Snowbird Gliders

Purpose: Practise front/back/side glide with a kick and roll-over glides

Description:

1. Have swimmers form into 4 teams of glider planes and tell them what glide they're going to perform (e.g., front/back/side/roll-over glides).
2. Tell them what glide formation to use (e.g., star, fan, straight line). On your signal, the teams push off from the edge and kick in their formations.
3. Switch glide positions.

Variations: Rocket ship, pencil sharpener

Red Cross Swim Kids 2

Lesson #7



Duration: 30 minutes

Time: _____

Equipment: PFDs/lifejackets, kickboards, picture of a PFD/lifejacket for each swimmer

Time (mins)	Activity/Skill	Formation
5	<p>Skills and Water Safety</p> <p>Introduction to PFDs/Lifejackets</p> <ul style="list-style-type: none"> - Let swimmers choose their own PFD/lifejacket - Review how it should fit - Hand out a picture of a PFD/lifejacket to take home and colour - Swimmers jump in the water while wearing a PFD/lifejacket - The PFD/Lifejacket Experience (see page 2) <p>EMS/9-1-1</p> <ul style="list-style-type: none"> - Ask swimmers to identify the different kinds of trained personnel who may respond after you call EMS/9-1-1 - For each correct answer (e.g., police, firefighters, paramedics), all swimmers jump into the water 	
14	<p>Strokes and Drills</p> <p>Rhythmic Breathing 10 Times (2 Ways)</p> <ul style="list-style-type: none"> - The Bob Family (see page 2) <p>Back Glide with Flutter Kick 5m</p> <p>Front Glide with Flutter Kick 10m</p> <p>Roll-Over Glide with Flutter Kick 5m</p> <p>Front Swim 5m</p>	
5	<p>Review</p> <p>Work on deep-water skills requiring further development</p>	
6	<p>Fitness Activities</p> <p>Flutter Kick 10m (Assisted)</p> <ul style="list-style-type: none"> - Crescendo Kicking Drills (see page 2) <p>Distance Swim 10m</p>	

Red Cross Swim Kids 2

Lesson #7



TEACHING TIP:

Remember the 3X (GST) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

The PFD/Lifejacket Experience

Purpose: Identify when you wear a PFD/lifejacket and why

Safety supervision: Ensure swimmers can touch bottom

Description:

1. Have swimmers splash and make waves in a small area of the water. You may use kickboards to make extra waves. Explain that you are simulating rough water.
2. Repeat this activity with the swimmers wearing PFDs/lifejackets.
3. Ask swimmers which activity felt safer, when it was easier to move, and why.
4. Review with the group that if you fall into open water, the waves make it difficult to swim. The PFD/lifejacket makes you safer and helps keep you warm.

Variations: Swimming with a friend, swimming in deep water

The Bob Family

Purpose: Practise rhythmic breathing

Description:

1. Have the swimmers form a loose semicircle in front of you in shallow water.
2. Begin the story of the Bob family:

*Once upon a time,
There was the Bob family,
Mama Bob, Papa Bob, and Baby Bob...*

Each time you use the word "Bob" the swimmers must go underwater.

3. The story may continue through the entire lesson set, and you can gradually increase the number of bobs and the body positions of the swimmers.

Crescendo Kicking Drills

Purpose: Practise kicking

Description:

1. Swimmers begin kicking at a slow pace and increase the pace with each distance completed.
Example: 3 × 15m – first length slow, second medium, third fast.
2. Can be used for any of the following, with or without a buoyant aid:
 - a) front glide with kick
 - b) back glide with kick
 - c) side glide with kick
 - d) a combination of glides, switching with every new repetition
3. Swimmers can rest between sets.

Red Cross Swim Kids 2

Lesson #8



Duration: 30 minutes

Time: _____

Equipment: Weighted toys, water noodles

Time (mins)	Activity/Skill	Formation
2	<p>Skills and Water Safety</p> <p>Facility/Site Rules</p> <ul style="list-style-type: none"> - Have swimmers tell you a facility/site rule as they enter the water; rules are specific to your facility/site <p>EMS/9-1-1</p> <ul style="list-style-type: none"> - Have swimmers simulate a call to EMS/9-1-1 with you acting as the dispatcher - Ask their name, location, and contact number - Ask swimmers to identify situations when they should call EMS/9-1-1 	
2	<p>Warm-Up</p> <p>Front and Back Float</p> <ul style="list-style-type: none"> - Now (see page 2) 	
4	<p>Fitness Activity</p> <p>Flutter Kick 10m (Assisted)</p>	
22	<p>Strokes and Drills</p> <p>Rhythmic Breathing 10 Times (2 Ways)</p> <ul style="list-style-type: none"> - Birthday Candles (see page 2) <p>Front Glide with Flutter Kick 10m</p> <p>Back Glide with Flutter Kick 5m</p> <p>Side Glide with Flutter Kick 5m (Assisted)</p> <p>Front Swim 5m</p> <ul style="list-style-type: none"> - The Rescuers Down Under (see page 2) 	

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Red Cross Swim Kids 2

Lesson #8



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Now

Purpose: Review skills

Description:

1. Swimmers scatter throughout a designated area of the pool.
2. On the signal "Now," all swimmers perform an activity (e.g., float face down and blow bubbles).

Variations:

Fish swims: other commands replace "Now"

- "Fish swim" (swimmers swim)
- "Jelly fish" (swimmers do a jelly fish float)
- "Turtle" (swimmers do a front float and wiggle fingers and toes)
- "Starfish" (swimmers do a front float – arms and legs spread and straight)
- "Eel" (swimmers do a front glide and wiggle through the water)
- "Sunfish" (swimmers smile when they swim)

Birthday Candles

Purpose: Practise rhythmic breathing

Description:

1. Swimmers hold up one finger and pretend it is a birthday candle.
2. Have children practise blowing out the candle.
3. Explain that this is a magic birthday candle and can burn underwater. Explain that they will have to go underwater to blow it out. Demonstrate.
4. Swimmers go underwater and blow out their magic candle.

The Rescuers Down Under

Purpose: Increase swimming distance

Safety supervision: Identify game boundaries

Description:

1. Distribute weighted toys throughout the game area. Make sure swimmers are not watching.
2. Tell swimmers that their top priority is the rescue of these missing toys.
3. Swimmers must do their front swim to the toy and stand over it to signal to you that they are going to recover the toy.

Red Cross Swim Kids 2

Lesson #9



Duration: 30 minutes

Time: _____

Equipment: Sinking objects, PFDs/lifejackets, pictures (or maps) of safe and unsafe swimming locations in the community (if available)

Time (mins)	Activity/Skill	Formation
2	<p>Skills and Water Safety</p> <p>Local Swimming Conditions and Hazards (see page 2)</p> <p>Facility/Site Rules</p> <ul style="list-style-type: none"> - Review facility/site rules <p>Weight Transfer, Shallow Water</p>	
2	<p>Warm-Up</p> <p>Rhythmic Breathing 10 Times (2 Ways)</p> <ul style="list-style-type: none"> - Swimmers take turns yelling a number - Class does the number of bobs yelled 	
5	<p>Review</p> <p>Skills requiring practise in deep water</p>	
15	<p>Strokes and Drills</p> <p>Deep Water Activities (Assisted)</p> <ul style="list-style-type: none"> - Have swimmers put on a PFD/lifejacket for deep water activities - Water Spaniel (see page 2) - Front Float – Deep Water - Back Float – Deep Water <p>Front Glide with Flutter Kick 10m</p> <p>Back Glide with Flutter Kick 5m</p> <p>Roll-Over Glide with Flutter Kick 5m</p> <p>Side Glide with Flutter Kick 5m (Assisted)</p> <p>Front Swim 5m</p> <ul style="list-style-type: none"> - Focus on over-arm recovery, shoulder roll 	
6	<p>Fitness Activity</p> <p>Distance Swim 10m</p> <ul style="list-style-type: none"> - Swimmers exhale underwater - Record the personal best distance for each swimmer - Red, Yellow, Green Light (see page 2) 	

Red Cross Swim Kids 2

Lesson #9



TEACHING TIP:

Remember the 3X (GST) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Local Swimming Conditions and Hazards

Purpose: Create awareness about local safe and unsafe swimming conditions and environmental hazards (e.g., spring melt that can result in high water, cold water, changes in water depth and sudden drop-offs, unsafe jumping/diving locations, etc.) and identify Prepare! Stay Safe! Survive! strategies

Description:

1. Ask swimmers to identify local water hazards and the conditions that make them hazardous at this time of year (provide pictures if available).
2. Create a safety strategy with swimmers on how to avoid being at risk in these conditions and locations. Have swimmers identify what they need to know and do to prepare, stay safe, and also survive if at risk in these locations. Instruct swimmers to share this safety information with their family members.

Water Spaniel

Purpose: Practise changing direction in deep water

Safety supervision: Stay between the objects and the rest of the area so that swimmers don't swim out too far

Description:

1. Place objects on the bottom of the pool.
2. Have swimmers pretend to swim like a dog, with their face in the water looking for buried bones. Retrieve object off the bottom (dog bone), place it on their head, and swim back.

Red, Yellow, Green Light

Purpose: Increase endurance

Description:

1. Swimmers form a line facing you.
2. Explain the signals:
 - Red light = stop and stand up
 - Yellow light = legs only
 - Green light = arms and legs
3. The swimmers must swim toward you and try to tag you. When they tag you the game starts again.
4. You call the directions to the swimmers.

Variation: Use PFDs/lifejackets

Red Cross Swim Kids 2

Lesson #10



Duration: 30 minutes

Time: _____

Equipment: Safety pictures

Time (mins)	Activity/Skill	Formation
2	<p>Skills and Water Safety</p> <p>Review Safety Pictures</p> <p>Deep Water Activities (Assisted)</p> <p>EMS/9-1-1</p> <ul style="list-style-type: none"> - In pairs, swimmers identify when and how to contact EMS/9-1-1 - Each pair identifies one situation that would require EMS/9-1-1 assistance 	
1	<p>Warm-Up</p> <p>Back and Forth (see page 2)</p>	
14	<p>Review</p> <p>Skills Requiring Practise</p> <p>Frozen Tag (see page 2)</p>	
4	<p>Fitness Activity</p> <p>Distance Swim 10m</p>	
8	<p>Strokes and Drills</p> <p>Work on skills requiring further development</p> <p>Front Swim 5m</p> <ul style="list-style-type: none"> - Dinosaur Crawl Drill (see page 2) - Crescendo Kicking Drills (see page 2) 	
1	<p>Evaluation Records</p> <p>Hand out a progress card to all swimmers and a completion badge (recognition item) to swimmers who have successfully completed all performance criteria in RCSK 2.</p> <p>Hand out Personal Best Fitness stickers (awarded for distance achieved).</p> <p>Encourage swimmers to continue to practise their swimming skills and to register for more Red Cross Swim Kids lessons.</p>	

Red Cross Swim Kids 2

Lesson #10



TEACHING TIP:

Remember the 3X (GST) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Back and Forth

Purpose: Practise glides with kick

Description:

1. Divide the class into partners.
2. One partner glides and kicks in one direction and stands up. The second partner goes to that spot, glides and kicks back in the opposite direction, and stands up.
3. Swimmers continue until one partner is finally able to glide and kick to a set limit (side of the pool).

Frozen Tag

Purpose: Float relaxed for 5 seconds

Description:

1. Identify specific boundaries for the game.
2. Identify one swimmer to be "Freeze." (Alternatively, you can have more than one swimmer be "Freeze.")
3. Swimmers who are tagged by "Freeze" must remain in a frozen float position until someone else swims under them to unfreeze them.

Dinosaur Crawl Drill

Description:

1. Swimmers swim a front crawl while recovering arms underneath the water, focussing on the pull phase.
2. The result looks similar to a long "doggy-paddle" stroke.

Crescendo Kicking Drills

Purpose: Practise kicking

Description:

1. Swimmers begin kicking at a slow pace and increase the pace with each distance completed.
Example: 3 × 15m – first length slow, second medium, third fast.
2. Can be used for any of the following, with or without a buoyant aid:
 - a) front glide with kick
 - b) back glide with kick
 - c) side glide with kick
 - d) a combination of glides, switching with every new repetition
3. Swimmers can rest between sets.