

PRESCHOOL 3 – Lesson 1

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
1 min.	Water Smart message 12 – Within Arms' Reach <i>"Stay away from water unless you are with an adult"</i>	Enter shallow water and Within Arms' Reach <ul style="list-style-type: none"> use steps, ramp, etc., and walk in, only when you are within arms' reach of the instructor 	Buoyant aid	Edge of pool <u>XXXXXX</u> X
15 min.	Review: Preschool 2 3 – Submerge 4 – Submerge and exhale 3 times 5 – Float on front and back (3 sec. each) wearing PFD or with buoyant aid 8 – Flutter kick on back with buoyant aid 5 m	Screening: Preschool 2 items <ul style="list-style-type: none"> tell the class the "Bob" story front and back floats with pool noodles flutter kick on back with pool noodles 	Buoyant aid Pool noodles	Line <u> </u> xxxxxxx X
4 min.	Underwater Skills 5 – Recover object from bottom in waist-deep water	Object recovery <ul style="list-style-type: none"> place and retrieve objects on bottom practice opening eyes underwater 	Buoyant aid Sinking objects	Circle <u> x x x </u> x x X
3 min.	Underwater Skills 4 – Submerge and exhale 5 times	Submerge and exhale <ul style="list-style-type: none"> competition to see who can do the most bobs encourage underwater exhalation 	Buoyant aid	Circle
6 min.	Movement / Swimming Skills 7 – Float on front and back 5 sec. each	Front and back floats <ul style="list-style-type: none"> demonstrate and practice: front and back float – assisted and then unassisted start with 1–2 sec. and if comfortable increase time 	Buoyant aid	Line

PRESCHOOL 3 – Lesson 2

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
2 min.		Enter shallow water <ul style="list-style-type: none"> play a game to get wet ensure appropriate entry into shallow water 	Buoyant aid	Edge of pool <u>xxxxxx</u> X
4 min.	Underwater Skills 4 – Submerge and exhale 5 times 5 – Recover object from bottom in waist-deep water	Submerge, exhale and recover object <ul style="list-style-type: none"> while submerged, pretend to look at the fish (3–5 sec.) pretend to talk to fish by blowing bubbles underwater scatter objects in waist deep water and in pairs; recover as many as possible in 30 sec. 	Buoyant aid Sinking toys	Circle <u>x x x</u> x x X
6 min.	Movement / Swimming Skills 7 – Float on front and back 5 sec. each	Front and back floats <ul style="list-style-type: none"> demonstrate and practice: front and back float – assisted and then unassisted encourage face in on front and ears in the water on back work towards relaxed body position 	Buoyant aid	Line <u>xxxxxxx</u> X
6 min.	Movement / Swimming Skills 9 – Glide on front and back 3 m each	Front and back glides <ul style="list-style-type: none"> demonstrate and practice front and back glides front glide - face in and streamlined body position back glide – gentle push, chin up and feet at the surface 	Buoyant aid	Line
6 min.	Movement / Swimming Skills 10 – Flutter kick on back 5 m 11 – Flutter kick on front 5 m	Front and back flutter kick <ul style="list-style-type: none"> demonstrate and practice flutter kick on front with pool noodle on front encourage face in, arms extended beyond head, long legs and relaxed feet on back encourage ears in water, relaxed breathing, chin up and arms at side 	Buoyant aid Pool noodles	Line

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PRESCHOOL 3 – Lesson 2

(continued)

Time	Item	Activity	Equipment	Formation
5 min.	<p>Entries and Exits</p> <p>1 – Jump into deep water wearing PFD, return and exit</p> <p>Water Smart message</p> <p>12 – Wear a Lifejacket</p> <p><i>“Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?”</i></p>	<p>Jump into deep water and Wear a Lifejacket</p> <ul style="list-style-type: none"> • make a pile of all sizes of PFDs and have swimmers choose one for themselves and put it on properly • once everyone is wearing one properly, jump into deep water, recover to surface and exit the pool 	<p>Buoyant aid PFDs</p>	<p>Line</p>

PRESCHOOL 3 – Lesson 3

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
5 min.	Entries and Exits 1 – Jump into deep water wearing PFD, return and exit Water Smart message 12 – Within Arms’ Reach <i>“Stay away from water unless you are with an adult”</i>	Jump into deep water and Within Arms’ Reach <ul style="list-style-type: none"> demonstrate and practice putting on PFD, jumping in and returning to side swimmers only jump when instructor is within arms’ reach of them 	Buoyant aid PFDs	Edge of pool <u>xxxxxx</u> X
4 min.	Entries and Exits 2 – Sideways entry wearing PFD	Sideways entry <ul style="list-style-type: none"> demonstrate and practice side entry – ensure tucked position, head protected, fall onto shoulder, recover to surface and return to wall ensure entry into appropriate depth 	Buoyant aid PFDs	Edge of pool
2 min.	Underwater Skills 4 – Submerge and exhale 5 times 3 – Hold breath underwater 3 sec.	Submerge, exhale and hold breath <ul style="list-style-type: none"> while submerged, pretend to look at the fish (3–5 sec.) pretend to talk to fish by blowing bubbles underwater 	Buoyant aid	Circle <u>x x x</u> x x X
4 min.	Movement / Swimming Skills 8 – Roll laterally front to back and back to front	Lateral rolls <ul style="list-style-type: none"> float on front/back, assisted roll to float on back/front work on ability to roll unassisted 	Buoyant aid	Line <u>xxxxxxx</u> X
9 min.	Movement / Swimming Skills 10 – Flutter kick on back 5 m 11 – Flutter kick on front 5 m	Front and back flutter kick <ul style="list-style-type: none"> demonstrate and practice flutter kick on front and back with pool noodle on front encourage face in, arms extended beyond head, long legs and relaxed feet on back encourage ears in water, relaxed breathing, chin up and arms at side 	Buoyant aid Pool noodles	Line

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PRESCHOOL 3 – Lesson 3

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5 min.	Swim to Survive Skills 6 – Back float; roll to front; swim 3 m	Float – roll – swim <ul style="list-style-type: none"> • demonstrate and practice lateral roll from front to back • demonstrate and practice entire sequence • swim can be any action including kicking 	Buoyant aid Pool noodles	Line
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PRESCHOOL 3 – Lesson 4

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
2 min.		Enter shallow water <ul style="list-style-type: none"> • jump into chest-deep water, assisted 	Buoyant aid	Edge of pool xxxxxx X
4 min.	Movement / Swimming Skills 7 – Float on front and back 5 sec. each	Front and back floats <ul style="list-style-type: none"> • alphabet floats – front and back – relaxed body position • front – face in; back – ears in the water, toes at the surface 	Buoyant aid	Line ----- xxxxxxx X
4 min.	Movement / Swimming Skills 9 – Glide on front and back 3 m each	Front and back glides <ul style="list-style-type: none"> • demonstrate and practice • push off the wall – who can glide the farthest • encourage them to stand up unassisted when they stop moving 	Buoyant aid	Line
4 min.	Movement / Swimming Skills 10 – Flutter kick on back 5 m 11 – Flutter kick on front 5 m	Kicking on back and front <ul style="list-style-type: none"> • demonstrate and practice kicking on front and back • encourage face in with underwater exhalation on front and ears in on back • encourage feet kicking near the surface 	Buoyant aid	Line
4 min.	Movement / Swimming Skills 8 – Roll laterally front to back and back to front	Lateral rolls <ul style="list-style-type: none"> • float on front/back, assisted roll to float on back/front • work on ability to roll unassisted 	Buoyant aid	Line
2 min.	Underwater Skills 3 – Hold breath underwater 3 sec.	Hold breath <ul style="list-style-type: none"> • while submerged, pretend to look at the fish (3–5 sec.) • pretend to talk to fish by blowing bubbles underwater 	Buoyant aid	Circle ----- x x x x x X

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PRESCHOOL 3 – Lesson 4

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Time	Item	Activity	Equipment	Formation
4 min.	Swim to Survive Skills 6 – Back float; roll to front; swim 3 m	Float – roll – swim <ul style="list-style-type: none"> demonstrate and practice lateral roll from front to back demonstrate and practice entire sequence 	Buoyant aid	Line
5 min.	Entries and Exits 1 – Jump into deep water wearing PFD, return and exit Water Smart message 12 – Wear a Lifejacket <i>“Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?”</i>	Jump into deep water and Wear a Lifejacket <ul style="list-style-type: none"> make a pile of all sizes of PFDs and have swimmers choose one for themselves and their mom or dad; what is different about them? practice putting it on properly once everyone is wearing one properly, jump into deep water, recover to surface and exit the pool 	Buoyant aid PFDs	Edge of pool

PRESCHOOL 3 – Lesson 5

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
5 min.	Entries and Exits 2 – Sideways entry wearing PFD Water Smart message 12 – Within Arms' Reach <i>"Stay away from water unless you are with an adult"</i>	Sideways entry and Within Arms' Reach <ul style="list-style-type: none"> select and put on PFD demonstrate and practice sideways entry into deep water only when the instructor is within arms' reach side entry – ensure tucked position, head protected, fall onto shoulder, recover to surface and return to wall 	Buoyant aid PFDs	Edge of pool <u>xxxxxx</u> X
4 min.	Underwater Skills 3 – Hold breath underwater 3 sec. 4 – Submerge and exhale 5 times 5 – Recover object from bottom in waist-deep water	Submerge, exhale, hold breath and recover object <ul style="list-style-type: none"> while submerged, pretend to look at the fish (3–5 sec.) pretend to talk to fish by blowing bubbles underwater place and retrieve objects on bottom encourage eyes open 	Buoyant aid Sinking objects	Circle <u> </u> x x x x x X
8 min.	Movement / Swimming Skills 7 – Float on front and back 5 sec. each	Front and back floats <ul style="list-style-type: none"> alphabet floats – front and back – relaxed body position front – face in; back – ears in the water, toes at the surface 	Buoyant aid	Line <u> </u> xxxxxxx X
8 min.	Movement / Swimming Skills 9 – Glide on front and back 3 m each	Front and back glides <ul style="list-style-type: none"> demonstrate and practice push off the wall and glide through a hoop; gradually increase the distance encourage them to stand up unassisted when they stop moving 	Buoyant aid Hoops	Line
4 min.	Water Smart message 12 – Within Arms' Reach <i>"Stay away from water unless you are with an adult"</i>	Water Smart game / song <ul style="list-style-type: none"> play a game or sing a song that incorporates the Within Arms' Reach message 	Buoyant aid	Circle

PRESCHOOL 3 – Lesson 6

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
5 min.	Entries and Exits 2 – Sideways entry wearing PFD Water Smart message 12 – Wear a Lifejacket <i>"Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?"</i>	Sideways entry and Wear a Lifejacket <ul style="list-style-type: none"> select a PFD for your partner and ensure they put it on properly demonstrate and practice sideways entry into deep water side entry – ensure tucked position, head protected, fall onto shoulder, recover to surface and return to wall 	Buoyant aid PFDs	Edge of pool xxxxxx X
5 min.	Movement / Swimming Skills 8 – Roll laterally front to back and back to front	Lateral rolls <ul style="list-style-type: none"> demonstrate and practice lateral roll from front to back and back to front encourage relaxed body position and breathing gradually increase the amount of time they hold each float 	Buoyant aid	Line ----- xxxxxxx X
3 min.	Underwater Skills 4 – Submerge and exhale 5 times 3 – Hold breath underwater 3 sec.	Submerge, exhale and hold breath <ul style="list-style-type: none"> tell the "bob" story encourage them to count to 3 before coming up each time 	Buoyant aid	Circle ----- x x x x x X
6 min.	Movement / Swimming Skills 10 – Flutter kick on back 5 m 11 – Flutter kick on front 5 m	Kicking on back and front <ul style="list-style-type: none"> demonstrate and practice kicking on front and back encourage face in with underwater exhalation on front and ears in on back encourage feet kicking near the surface 	Buoyant aid	Line
4 min.	Underwater Skills 5 – Recover object from bottom in waist-deep water	Recover objects <ul style="list-style-type: none"> scatter objects in waist deep water and in pairs; recover as many as possible in 30 sec. encourage them to do a "bob" to retrieve the objects 	Buoyant aid	Scattered ----- x x x x x X
6 min.	Swim to Survive Skills 6 – Back float; roll to front; swim 3 m	Float – roll – swim <ul style="list-style-type: none"> demonstrate and practice lateral roll from front to back demonstrate and practice entire sequence 	Buoyant aid	Line

PRESCHOOL 3 – Lesson 7

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
6 min.	Entries and Exits 1 – Jump into deep water wearing PFD, return and exit 2 – Sideways entry wearing PFD Water Smart message 12 – Within Arms' Reach <i>"Stay away from water unless you are with an adult"</i>	Jump into deep water, sideways entry and Within Arms' Reach <ul style="list-style-type: none"> demonstrate and practice putting on PFD, jumping in and returning to side demonstrate and practice sideways entry always reinforcing the Within Arms' Reach message 	Buoyant aid PFDs	Edge of pool <u>xxxxxx</u> X
3 min.	Underwater Skills 4 – Submerge and exhale 5 times 5 – Recover object from bottom in waist-deep water	Object recovery <ul style="list-style-type: none"> place and retrieve objects on bottom by submerging and blowing lots of bubbles 	Buoyant aid Sinking objects	Circle <u>x x x</u> x x X
5 min.	Movement / Swimming Skills 7 – Float on front and back 5 sec. each	Front and back floats <ul style="list-style-type: none"> demonstrate and practice front and back float unassisted encourage relaxed body position and gradually increase the amount of time they hold each float 	Buoyant aid	Line <u>xxxxxxx</u> X
5 min.	Movement / Swimming Skills 9 – Glide on front and back 3 m each	Front and back glides <ul style="list-style-type: none"> demonstrate and practice front and back glides encourage a good push off the wall and hold streamline position as long as possible encourage relaxed breathing and underwater exhalation 	Buoyant aid	Line
5 min.	Swim to Survive Skills 6 – Back float; roll to front; swim 3 m	Float – roll – swim <ul style="list-style-type: none"> demonstrate and practice lateral roll from front to back demonstrate and practice entire sequence 	Buoyant aid	Line

PRESCHOOL 3 – Lesson 8

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
5 min.	Entries and Exits 1 – Jump into deep water wearing PFD, return and exit 2 – Sideways entry wearing PFD Water Smart message 12 – Wear a Lifejacket <i>"Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?"</i>	Jump into deep water, sideways entry and Wear a Lifejacket <ul style="list-style-type: none"> pretend you are going on a boat ride everyone selects their own PFD and fastens it properly demonstrate and practice jumping in and sideways entry 	Buoyant aid PFDs	Edge of pool <u>xxxxxx</u> X
3 min.	Underwater Skills 3 – Hold breath underwater 3 sec.	Hold breath <ul style="list-style-type: none"> play a game or sing a song that incorporate holding your breath underwater 	Buoyant aid	Circle <u>x x x</u> x x X
4 min.	Movement / Swimming Skills 7 – Float on front and back 5 sec. each	Front and back floats <ul style="list-style-type: none"> demonstrate and practice front and back float unassisted encourage relaxed body position and gradually increase the amount of time they hold each float 	Buoyant aid	Line <u>xxxxxxx</u> X
3 min.	Movement / Swimming Skills 8 – Roll laterally front to back and back to front	Lateral roll <ul style="list-style-type: none"> demonstrate and practice lateral roll from front to back and back to front have a contest to see who can hold their floats the longest 	Buoyant aid	Line
4 min.	Movement / Swimming Skills 9 – Glide on front and back 3 m each	Front and back glides <ul style="list-style-type: none"> demonstrate and practice front and back glides encourage a good push off the wall and hold streamline position as long as possible encourage relaxed breathing and underwater exhalation 	Buoyant aid	Line

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PRESCHOOL 3 – Lesson 8

(continued)

Time	Item	Activity	Equipment	Formation
5 min.	Swim to Survive Skills 6 – Back float; roll to front; swim 3 m	Float – roll – swim <ul style="list-style-type: none"> demonstrate and practice lateral roll from front to back demonstrate and practice entire sequence 	Buoyant aid	Line
4 min.	Movement / Swimming Skills 10 – Flutter kick on back 5 m 11 – Flutter kick on front 5 m	Kicking on back and front <ul style="list-style-type: none"> demonstrate and practice kicking on front and back encourage face in with underwater exhalation on front and ears in on back encourage feet kicking near the surface 	Buoyant aid	Line
1 min.	Distribute Progress Reports			