

PRESCHOOL 4 – Lesson 1

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
10 min.	Review of Preschool 3 items: 7 – Float on front and back 5 sec. each 8 – Roll laterally front to back and back to front 9 – Glide on front and back 3 m each	Screening: Preschool 3 items <ul style="list-style-type: none"> float – front and back 5 sec. lateral rolls – front to back & back to front glides – front and back 3 m 	Buoyant aid	Edge of pool XXXXXX X
4 min.	Movement / Swimming Skills 8 – Glide on side 3 m	Side glides <ul style="list-style-type: none"> demonstrate and practice side glides practice both on the right and left sides 	Buoyant aid	Line XXXXXX X
3 min.	Underwater Skills 4 – Open eyes underwater 5 – Recover object from bottom in chest-deep water	Object recovery and open eyes <ul style="list-style-type: none"> scatter sinking objects around shallow to chest-deep water pretend object is buried treasure practice picking up objects and identifying colours of objects 	Buoyant aid Sinking objects	Circle x x x x x X
4 min.	Movement / Swimming Skills 9 – Flutter kick on front 7 m	Kicking on front <ul style="list-style-type: none"> demonstrate and practice flutter kick on front with kickboard pretend to be rocket ships blasting off encourage kicking at the surface with face in the water 	Buoyant aid Kickboards	Line
4 min.	Movement / Swimming Skills 9 – Flutter kick on back 7 m	Kicking on back <ul style="list-style-type: none"> demonstrate and practice flutter kick on back with kickboard encourage kicking at the surface with ears in the water 	Buoyant aid Buoyant aids	Line
4 min.	Entries and Exits 1 – Jump into deep water, return and exit 2 – Sideways entry Water Smart message 11 – Wear a Lifejacket <i>"Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?"</i>	Jump, sideways entry and Wear a Lifejacket <ul style="list-style-type: none"> pretend the class is going on a boat ride; who needs a PFD; pick one out and put it on review jumping in and doing a sideways entry into deep water 	Buoyant aid PFDs	Edge of pool

PRESCHOOL 4 – Lesson 2

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
3 min.	Entries and Exits 1 – Jump into deeper water, return and exit Water Smart message 11 – Within Arms' Reach <i>"Stay away from water unless you are with an adult"</i>	Jump in and Within Arms' Reach <ul style="list-style-type: none"> start in chest deep water play a game to get wet ensure feet first entry reinforce they do not enter the water until the instructor is within arms' reach and why that is important 	Buoyant aid	Edge of pool xxxxxx X
5 min.	Swim to Survive Skills 7 – Front float; roll to back; swim 5 m	Float – roll – swim <ul style="list-style-type: none"> demonstrate and practice lateral roll from front to back demonstrate and practice entire sequence gradually increase distance swim back to wall 	Buoyant aid	Line xxxxxxxx X
4 min.	Movement / Swimming Skills 8 – Glide on side 3 m	Side glides <ul style="list-style-type: none"> demonstrate and practice side glides practice on both the right and left side 	Buoyant aid	Line
4 min.	Movement / Swimming Skills 9 – Flutter kick on side 5 m	Kicking on side <ul style="list-style-type: none"> demonstrate and practice flutter kick on side practice on both the right and left side encourage streamlined position 	Buoyant aid	Line
3 min.	Underwater Skills 4 – Open eyes underwater 5 – Recover object from bottom in chest-deep water	Object recovery and open eyes <ul style="list-style-type: none"> play game to recover the objects from the bottom of the pool encourage eyes open 	Buoyant aid Sinking objects	Circle xxx x x X

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PRESCHOOL 4 – Lesson 2

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Time	Item	Activity	Equipment	Formation
5 min.	Movement / Swimming Skills 9 – Flutter kick on front 7 m	Kicking on front <ul style="list-style-type: none"> • demonstrate and practice flutter kick on front with pool noodle • gradually increase distance • encourage kicking near the surface 	Buoyant aid Pool noodles	Line
5 min.	Movement / Swimming Skills 9 – Flutter kick on back 7 m	Kicking on back <ul style="list-style-type: none"> • demonstrate and practice flutter kick on back with pool noodle • gradually increase distance • encourage kicking near the surface 	Buoyant aid Pool noodles	Line

PRESCHOOL 4 – Lesson 3

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
5 min.	Surface Support 3 – Tread water 10 sec. wearing PFD Water Smart message 11 – Wear a Lifejacket <i>"Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?"</i>	Treading water and Wear a Lifejacket <ul style="list-style-type: none"> with a buddy, pick out a lifejacket for each other and ensure it is done up properly demonstrate and practice treading water focus on arm and leg action 	Buoyant aid PFDs	Line ----- xxxxxxx X
6 min.	Movement / Swimming Skills 10 – Front crawl 5 m wearing PFD	Front crawl wearing PFD <ul style="list-style-type: none"> demonstrate and practice arm and leg actions focus on a relaxed and streamlined body position 	Buoyant aid PFDs	Line
8 min.	Swim to Survive Skills 6 – Wearing PFD, sideways entry into deep water; tread 15 sec.; swim/kick 5 m	Sideways entry – tread – swim <ul style="list-style-type: none"> demonstrate and practice sequence gradually increase time and distance for treading and swimming 	Buoyant aid PFDs	Wave ----- X x x X x x ↓ ↓
7 min.	Movement / Swimming Skills 8 – Glide on side 3 m 9 – Flutter kick on front 7 m; on back 7 m	Side glide and kick on front and back <ul style="list-style-type: none"> demonstrate and practice side glide (right and left side) and flutter kick on front and back encourage streamlined body position and relaxed breathing 	Buoyant aid	Line
3 min.	Entries and Exits 2 – Sideways entry	Sideways entry <ul style="list-style-type: none"> demonstrate and practice a sideways entry side entry – ensure tucked position, head protected, fall onto shoulder, recover to surface and return to wall ensure depth is appropriate 	Buoyant aid	Edge of pool ----- X

PRESCHOOL 4 – Lesson 4

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
2 min.	Entries and Exits 1 – Jump into deep water, return and exit Water Smart message 11 – Within Arms' Reach <i>"Stay away from water unless you are with an adult"</i>	Jump in and Within Arms' Reach <ul style="list-style-type: none"> • jump into deep water • encourage children to swim back to wall on their own • they can only jump when the instructor is within arms' reach 	Buoyant aid	Edge of pool xxxxxx X
4 min.	Swim to Survive Skills 7 – Front float; roll to back; swim 5 m	Float – roll – swim <ul style="list-style-type: none"> • demonstrate and practice lateral roll from front to back • demonstrate and practice entire sequence • gradually increase distance of swim back to wall 	Buoyant aid	Line xxxxxxx X
3 min.	Movement / Swimming Skills 8 – Glide on side 3 m	Side glides <ul style="list-style-type: none"> • demonstrate and practice side glides on both left and right side • encourage streamlined body position 	Buoyant aid	Line
8 min.	Movement / Swimming Skills 9 – Flutter kick on front 7 m; on back 7 m; on side 5 m	Kicking on front, back and side <ul style="list-style-type: none"> • demonstrate and practice flutter kick on front, back and side • start with short distances and gradually increase • see if they can kick front to side to back 	Buoyant aid	Line
4 min.	Entries and Exits 2 – Sideways entry	Sideways entry <ul style="list-style-type: none"> • demonstrate and practice a sideways entry • side entry – ensure tucked position, head protected, fall onto shoulder, recover to surface and return to wall • ensure depth is appropriate 	Buoyant aid	Edge of pool

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PRESCHOOL 4 – Lesson 4

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Time	Item	Activity	Equipment	Formation
4 min.	Surface Support 3 – Tread water 10 sec. wearing PFD	Treading <ul style="list-style-type: none"> demonstrate and practice putting on a PFD and treading water with a sculling arm action keep mouth and nose above water 	Buoyant aid PFDs	Line
4 min.	Movement / Swimming Skills 10 – Front crawl 5 m wearing PFD	Front crawl wearing PFD <ul style="list-style-type: none"> demonstrate and practice arm and leg actions focus on a relaxed and streamlined body position 	Buoyant aid PFDs	Line

PRESCHOOL 4 – Lesson 5

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
2 min.	Entries and Exits 1 – Jump into deep water, return and exit	Jump in <ul style="list-style-type: none"> jump into deep water encourage children to swim back to wall on their own 	Buoyant aid	Edge of pool xxxxxx X
3 min.	Entries and Exits 2 – Sideways entry	Sideways entry <ul style="list-style-type: none"> demonstrate and practice a sideways entry encourage children to return to the side and exit 	Buoyant aid	Edge of pool
4 min.	Underwater Skills 4 – Open eyes underwater 5 – Recover object from bottom in chest-deep water	Object recovery and open eyes <ul style="list-style-type: none"> play a game to recover object from bottom and identify colours of objects below the surface 	Buoyant aid Sinking objects	Circle x x x x x X
8 min.	Surface Support 3 – Tread water 10 sec. wearing PFD Water Smart message 11 – Wear a Lifejacket <i>"Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?"</i>	Treading and Wear a Lifejacket <ul style="list-style-type: none"> from a pile of PFDs pick out the right size and put it on properly; while treading who else should be wearing one if we were on a boat ride? focus on a sculling arm action keep mouth and nose above water 	Buoyant aid PFDs	Line xxxxxxx X
8 min.	Movement / Swimming Skills 9 – Flutter kick on front 7 m; on back 7 m	Kicking on front and back <ul style="list-style-type: none"> demonstrate and practice flutter kick on front and back start with short distances and gradually increase focus on streamlined body position and propulsion 	Buoyant aid	Line
4 min.	Movement / Swimming Skills 8 – Glide on side 3 m	Side glide <ul style="list-style-type: none"> demonstrate and practice side glides (both sides) everyone glides through a hoop 	Buoyant aid Hoops	Line

PRESCHOOL 4 – Lesson 6

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
5 min.	Swim to Survive Skills 7 – Front float; roll to back; swim 5 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 ----- xxxxxxx X
6 min.	Movement / Swimming Skills 8 – Glide on side 3 m 9 – Flutter kick on side 5 m	Glide and kick on side <ul style="list-style-type: none"> demonstrate and practice pushing off the wall in a side glide when swimmers reach the 3 m mark, starting kicking on side for 5 m 	Buoyant aid	Line
5 min.	Swim to Survive Skills 6 – Wearing a PFD, sideways entry into deep water; tread 15 sec., swim/kick 5 m	Sideways entry – tread – swim <ul style="list-style-type: none"> put on PFDs and fasten correctly demonstrate and practice sequence 	Buoyant aid PFDs	Line
6 min.	Movement / Swimming Skills 10 – Front crawl 5 m wearing PFD	Front crawl wearing PFD <ul style="list-style-type: none"> demonstrate and practice arm and leg actions encourage face in the water blowing bubbles 	Buoyant aid PFDs	Line
3 min.	Surface Support 3 – Tread water 10 sec. wearing PFD	Treading <ul style="list-style-type: none"> practice treading water with a sculling arm action and legs “riding a bike” for support keep mouth and nose above water 	Buoyant aid PFDs	Line
4 min.	Entries and Exits 1 – Jump into deep water, return and exit 2 – Sideways entry Water Smart message 11 – Within Arms’ Reach <i>“Stay away from water unless you are with an adult”</i>	Jump in, sideways entry and Within Arms’ Reach <ul style="list-style-type: none"> practice jumping into deep water and sideways entry encourage children to swim back to wall on their own they can only jump when the instructor is within arms’ reach 	Buoyant aid	Edge of pool ----- xxxxxxx X

PRESCHOOL 4 – Lesson 7

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
7 min.	Movement / Swimming Skills 9 – Flutter kick on front 7 m; on back 7 m	Kicking on front and back <ul style="list-style-type: none"> demonstrate and practice flutter kick on front and back start with short distances and gradually increase focus on streamlined body position and propulsion 	Buoyant aid	Line <hr/> xxxxxxx X
5 min.	Swim to Survive Skills 7 – Front float; roll to back; swim 5 m	Float – roll – swim <ul style="list-style-type: none"> demonstrate and practice entire sequence 	Buoyant aid	Line
5 min.	Water Smart message 11 – Wear a Lifejacket <i>"Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?"</i>	Wear a Lifejacket <ul style="list-style-type: none"> pretend you are going on a boat ride with the class sing a song or play a game to incorporate the wear a lifejacket message 	Buoyant aid PFDs	Circle <hr/> x x x x x X
6 min.	Movement / Swimming Skills 10 – Front crawl 5 m wearing PFD	Front crawl wearing PFD <ul style="list-style-type: none"> demonstrate and practice arm and leg actions encourage face in the water blowing bubbles focus on the arm action 	Buoyant aid PFDs	Line
6 min.	Swim to Survive Skills 6 – Wearing a PFD, sideways entry into deep water; tread 15 sec., swim/kick 5 m	Roll – tread – swim <ul style="list-style-type: none"> demonstrate and practice sequence 	Buoyant aid PFDs	Line

PRESCHOOL 4 – Lesson 8

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
3 min.	Underwater Skills 4 – Open eyes underwater 5 – Recover object from bottom in chest-deep water	Object recovery and eyes open <ul style="list-style-type: none"> play a game to recover object from bottom 	Buoyant aid Sinking objects	Circle <div style="text-align: center;"> <hr style="width: 50px; margin: 0 auto;"/> x x x x x X </div>
4 min.	Swim to Survive Skills 7 – Front float; roll to back; swim 5 m	Float – roll – swim <ul style="list-style-type: none"> practice entire sequence 	Buoyant aid	Line <div style="text-align: center;"> <hr style="width: 50px; margin: 0 auto;"/> xxxxxxx X </div>
6 min.	Movement / Swimming Skills 9 – Flutter kick on front 7 m; on back 7 m; on side 5 m 8 – Glide on side 3 m	Kicking on front, back and side <ul style="list-style-type: none"> demonstrate and practice flutter kick on front, back and side start with short distances and gradually increase see if they can kick front to side to back have a competition to see who can do their side glide the farthest 	Buoyant aid	Line
4 min.	Water Smart message 11 – Within Arms' Reach <i>"Stay away from water unless you are with an adult"</i>	Within Arms' Reach <ul style="list-style-type: none"> play a game that incorporates the within arms' reach message 	Buoyant aid	Circle
6 min.	Movement / Swimming Skills 10 – Front crawl 5 m wearing PFD	Front crawl wearing PFD <ul style="list-style-type: none"> put on PFD demonstrate and practice arm and leg actions challenge them to exceed the 5 m distance 	Buoyant aid PFDs	Line
5 min.	Swim to Survive Skills 6 – Wearing a PFD, sideways entry into deep water; tread 15 sec., swim/kick 5 m	Roll – tread – swim <ul style="list-style-type: none"> demonstrate and practice sequence 	Buoyant aid PFDs	Line
1 min.	Distribute Progress Reports			