

Red Cross Swim Kids 6

Lesson #1



Duration: 45 minutes

Time: _____

Equipment: Balls, pull-buoys, kickboards

Time (mins)	Activity/Skill	Formation
2	Attendance	
2	Warm-Up Entries - Swimmers' choice: assign #1 or #2 to each swimmer - #1s swim front crawl across pool, climb out, and touch the wall - #2s swim front crawl across pool, climb out, and touch the wall - #1s perform different entry, swim front crawl back to starting point - #2s perform different entry, swim front crawl back to starting point	
4	Review Tread Water 1 min - Ask swimmers how to stay warm when boating Stride Dive – 3 times	
28	Strokes and Drills <i>Screen swimmers for RCSK 5 skills</i> Distance Swim 50m Front Crawl 15m Back Crawl 15m Whip Kick on Back 10m - Crescendo Flutter Kick Drill 25m (see page 2) – 3 times <i>Introduction to new RCSK 6 skills</i> Elementary Back Stroke 15m - Arms-Only Elementary Back Stroke 15m (see page 2), with pull-buoy – 3 times - Whip Kick on Back with Kickboard 15m (see page 2) – 3 times - Demonstrate Full Stroke	
2	Skills and Water Safety Head-First Sculling on Back 10m - Scull one width using pair formation and push ball with feet	
7	Fitness Activity Dive Entry, Distance Swim 75m - 25m front, 25m back, 25m front Ask swimmers to bring pictures of safe and unsafe boating activities for next lesson.	

Red Cross Swim Kids 6

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.

Crescendo Flutter Kick Drill

Description:

1. Swimmers begin kicking at a slow pace and increase the pace every 5m until they reach 25m, then decrease the pace. Example: first 5m slow, second medium, third fast, fourth medium, fifth slow.
2. Can be used for any of the following with or without a kickboard:
 - 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

Arms-Only Elementary Back Stroke

Description:

1. Swimmers use arms only in a proper elementary back stroke pattern to propel themselves through the water. They can use a pull-buoy to hold their legs together.

Whip Kick on Back with Kickboard

Description:

1. Swimmers perform a whip kick on their back while holding a kickboard to their chest.
2. The kickboard encourages a horizontal body position.

Red Cross Swim Kids 6

Lesson #2



Duration: 45 minutes

Time: _____

Equipment: Kickboards, ice thickness pages, safe and unsafe boating pictures, plastic bags

Time (mins)	Activity/Skill	Formation
3	Skills and Water Safety Causes of Boating Incidents (see page 2)	
1	Warm-Up Perform an entry like a pencil jump - Away from edge, do 10 deep-water bobs	
7	Fitness Activities Dolphin Kick 10m - Introduction to Dophin Kick (see page 2) Distance Swim 75m - Record the personal best time for each swimmer - Front Dive, Followed by 25m Front Kick, 25m Back Kick, 25m Sculling, and 25m Swimmers' Choice Legs Only	
7	Review Distressed Swimmer Recognition and Simulation - Practise recognition and simulation of weak or tired swimmer and nonswimmer Front Dive – 3 times	
2	Skills and Water Safety Tread Water, Deep Water 1½ min - Hold up sheets of paper that read “15cm,” “20cm,” “25cm”, and “40 cm” or pass them around the group - Discuss ice thickness safety guidelines for activities on ice	
25	Strokes and Drills Back Crawl 25m - Double-Arm Back Crawl 25m (see page 2) – 2 times Front Crawl 25m - Arms-Only 10m, Kick Only 15m – 2 times Elementary Back Stroke 15m - Kick on Back with Kickboard	

Red Cross Swim Kids 6

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.

Causes of Boating Incidents

Purpose: Identify the common causes of boating incidents

Description:

1. Collect the pictures of safe and unsafe boating activities brought to the lesson by swimmers. Ensure you have some examples of your own to show swimmers as well.
2. Mix up the pictures and seal them in plastic bags on 2 stacks of kickboards on the deck or ground 15m away from the starting line. There should be 1 picture (in a bag) and 1 kickboard for each swimmer.
3. Divide swimmers into 2 relay teams.
4. Each relay team member swims to a stack of kickboards, grabs one kickboard and picture and then kicks (any type of kick) back to the starting line. The team members have to identify to you, the Instructor, what caused the incident in the picture to be unsafe or safe before the next team member can go.
5. Wrap up with a quick summary of unsafe (e.g., overloading a boat) and safe (e.g., wearing a PFD/lifejacket) boating behaviours.

Introduction to Dolphin Kick

Description:

1. Demonstrate a dolphin kick.
2. Have swimmers perform a front glide with their arms at their sides, moving their head toward the bottom of the water.
3. Swimmers repeat the action but have them move their head back toward the surface of the water. Identify this as a dolphin kick motion.
4. Swimmers start the dolphin kick from their head with a wave-like movement through their hips, knees, and feet.
5. Swimmers keep their legs and feet together.
6. Swimmers lead their legs with their knees during the downbeat of the kick (power phase).

Double-Arm Back Crawl

Description:

1. Swimmers do a back crawl, recovering and pulling with both arms simultaneously.
2. This encourages power in the pull phase of the stroke.
3. A strong flutter kick is maintained throughout.

Red Cross Swim Kids 6

Lesson #3



Duration: 45 minutes

Time: _____

Equipment: Kickboards, ruler, cup or sponge, pictures of ice activities, pull-buoys

Time (mins)	Activity/Skill	Formation
7	<p>Fitness Activity Dolphin Kick 10m - Dolphin Kick Drill (see page 2)</p>	
8	<p>Skills and Water Safety Head-First Sculling on Back 10m - Follow the Sculling Leader - Place kickboard 10m away, divide class into 1 or 2 groups, head-first scull on back around kickboard, have swimmers follow a leader Ice Safety (see page 2) - Pass around a ruler with markings to show safe ice thickness - Swimmers then stack kickboards to illustrate various thicknesses Distressed Swimmer Recognition and Simulation - Practise injured swimmer and unconscious person</p>	
28	<p>Strokes and Drills Back Crawl 25m - Balancing Act Drill 15m (see page 2) – 4 times - Arms-Only Back Crawl 15m (see page 2) – 2 times Elementary Back Stroke 15m - Whip Kick on Back with Kickboard 15m (see page 2) – 3 times Front Crawl 25m - Multi-Kick Drill 15m (see page 2) – 2 times - On Front, 6- to 10-Beat Kick</p>	
2	<p>Skills and Water Safety Front Dive</p>	

Red Cross Swim Kids 6

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.

Dolphin Kick Drill

Description:

1. Have swimmers move through the water, leading the motion with their heads and bending at the hips. They should gradually increase the frequency of the bending and decrease the depth that their head submerges.
2. Swimmers repeat the action with their arms in front of their head.
3. Swimmers perform underwater dolphin kick with their arms extended to maintain a streamlined body position and to help them use their entire body to perform a dolphin motion.

Ice Safety

Purpose: Identify safe ice thicknesses for activities that take place on or near ice

Description:

1. Cut out pictures of different ice activities (e.g., people, vehicles, skates, snowmobiles)
2. Pile kickboards to show the thickness of ice. Swimmers place cut-out pictures on the appropriate kickboard thickness.
3. Discuss how ice thickness should always be checked by an adult, and that no ice over open water (e.g., lakes, rivers, etc.) can be considered 100% safe.

Balancing Act Drill

Description:

1. Swimmers balance a cup of water (or sponge) on their forehead while swimming a back crawl.
2. This encourages a straight head position.

Arms-Only Back Crawl

Description:

1. Swimmers propel themselves through the water using only their arms. They can use a pull-buoy to hold their legs together.

Whip Kick on Back with Kickboard

Description:

1. Swimmers perform a whip kick on their back while holding a kickboard to their chest.
2. The kickboard encourages a horizontal body position.

Multi-Kick Drill

Description:

1. In a single stroke cycle, swimmers normally kick 6 times (3 kicks per arm pull).
2. For this drill, use any of the following kicking rhythms to improve coordination, awareness, and the speed of the kick:
 - 2-beat kick
 - 4-beat kick
 - 6-beat kick (normal cycle)
 - 8-beat kick

Red Cross Swim Kids 6

Lesson #4



Duration: 45 minutes

Time: _____

Equipment: Pictures of different weather conditions, pictures of possible rescue aids, kickboards, water noodles, hoop or plastic wading pool, pull-buoys

Time (mins)	Activity/Skill	Formation
5	<p>Fitness Activity Front Dive, Distance Swim 75m - Record the personal best time for each swimmer</p>	
13	<p>Skills and Water Safety Tread Water, Deep Water 1½ min - While the swimmers are treading water, show a variety of pictures of weather conditions (e.g., high waves, rain, darkness, storms). Discuss how to check the weather before boating and identify safe boating conditions When and Where to Go on Ice - Ice Water Tread (see page 2) - Hit the Deck (see page 2) Front Dive Throwing Assist without a Line - Throwing Assists Target Toss (see page 2)</p>	
27	<p>Strokes and Drills Elementary Back Stroke 15m - Elementary Back Stroke Arms with Flutter Kick 15m (see page 2) – 4 times - Triple-Kick Elementary Back Stroke (see page 2) Front Crawl 25m - Arms-Only Front Crawl 15m – 2 times - Swimmers use arms only with a pull-buoy held between their knees Back Crawl 25m - Multi-Kick Drill 15m (see page 2) – 2 times - On Back, 6- to 10-Beat Kick</p>	

Red Cross Swim Kids 6

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.

Ice Water Tread

Purpose: Identify useful rescue items for ice safety

Description:

1. Show pictures of possible rescue aids, some good and some not so good (e.g., anchor, coat, whistle, rope, dog), while swimmers are treading water.
2. Swimmers decide on why they would or would not use each aid to rescue someone who has fallen through ice.

Hit the Deck

Purpose: Increase endurance

Description:

1. Identify a distance (e.g., 50m) for swimmers to swim and tell them what stroke to use.
2. Tell swimmers that they are the engine to make a ship go.
3. Whenever you yell "Hit the deck," everyone swims underwater for a minimum of 5 seconds as a response to orders from the captain.

Throwing Assists Target Toss

Description:

1. Divide the class into 2 teams.
2. Give 1 team 6 kickboards and the other team 6 water noodles.
3. Put hoop or a small plastic wading pool in the water as targets.
4. One team tosses its equipment, trying to hit the target as often as possible. When they are finished, the other team tries.
5. This can be done on deck if too many classes are in the pool.
6. Discuss which equipment was more effective and would most likely be available at a beach and cottage and on a boat (canoe and powerboat).

Elementary Back Stroke Arms with Flutter Kick

Description:

1. Swimmers practise the proper elementary back stroke arm pull using a small flutter kick to help maintain a horizontal body position.
2. This allows swimmers to focus on the proper arm pattern.

Triple-Kick Elementary Back Stroke

Description:

1. Swimmers do an elementary back stroke, performing 3 whip kicks for every arm pull.
2. Emphasize finishing the kick and arm pull at the same time, with extra focus on the whip kick.

Multi-Kick Drill

Description:

1. In a single stroke cycle, swimmers normally kick 6 times (3 kicks per arm pull).
2. For this drill, use any of the following kicking rhythms to improve coordination, awareness, and the speed of the kick:
 - 2-beat kick
 - 4-beat kick
 - 6-beat kick (normal cycle)
 - 8-beat kick

Red Cross Swim Kids 6

Lesson #5



Duration: 45 minutes

Time: _____

Equipment: Ice safety posters, 60 pennies, 2 buckets, ice, kickboards, sponges, variety of throwing assists without a line

Time (mins)	Activity/Skill	Formation
	<p>NOTE: Complete a mid-session evaluation (optional).</p>	
15	<p>Skills and Water Safety When and Where to Go on Ice - Ice Safety Sign Retrieval (see page 2) - Ice Penny Relay (see page 2) Work on skills requiring further development Head-First Sculling on Back 10m</p>	
20	<p>Strokes and Drills Front Crawl 25m - Boxer Front Crawl 25m – 2 times - Swimmers do front crawl with fists clenched Elementary Back Stroke 15m - Sponge Head (see page 2) Back Crawl 25m - 1, 2, 3 Switch 25m (see page 2) – 3 times</p>	
5	<p>Skills and Water Safety Throwing Assist without a Line - Swimmers partner up and execute throwing assists</p>	
5	<p>Fitness Activity Dolphin Kick 10m (see page 2)</p>	

Red Cross Swim Kids 6

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.

Ice Safety Sign Retrieval

Purpose: Identify ice safety rules

Description:

1. Make up a series of small laminated ice safety posters (e.g., "Danger – Thin Ice," "Adult Supervision Required," "Skate at Own Risk," "Underwater Current").
2. The group enters the water and retrieves one sign for each swimmer. Discuss the benefits of the rule.

Ice Penny Relay

Purpose: Identify safe ice thicknesses for activities on ice

Description:

1. Place 2 buckets full of ice and water on the far side of the pool and put about 30 pennies in the bottom of each one.
2. Divide the class into 2 teams.
3. One member from each team swims to the far side, gets out, and stacks enough kickboards to represent 1 of the 4 safe ice thicknesses discussed. All 4 thicknesses must be represented.
4. They put their hands in the bucket for 20 seconds, pick out as many pennies as possible, put them in a pile, and scull back to the other side. When they return, the next person goes.
5. Whichever team has the most pennies at the end of the relay wins.

Sponge Head

Description:

1. Swimmers perform an elementary back stroke with a sponge resting on their forehead.
2. This encourages them to maintain the proper head position and look straight up at the ceiling.

1, 2, 3 Switch

Description:

1. Swimmers glide and kick on their back with one arm extended forward above their head and the other down at their side by the thigh. The shoulder should be out of the water.
2. Swimmers kick in this position for 3 seconds,
3. Swimmers recover the trailing arm (from side) above water; switch arms, with one extended forward above the head while the other pulls underwater to the side by the thigh, then hold this position for 3 seconds.
4. Swimmers continue alternating arm positions.
5. This drill looks like a slow back crawl with a pause just before each arm recovery. This helps swimmers keep arms in opposition to one another.

Dolphin Kick 10m

Description:

1. Corkscrew kick (a circular rotating kick that is like a corkscrew): Have swimmers perform 4 dolphin kicks while on their front, then on one side, their back, their other side, and their front again.

Red Cross Swim Kids 6

Lesson #6



Duration: 45 minutes

Time: _____

Equipment: Hoops, fins, buoyant objects

Time (mins)	Activity/Skill	Formation
4	<p>Warm-Up: Tread Water, Deep Water 1½ min - Underwater Fun Challenge (see page 2)</p>	
6	<p>Fitness Activities Dolphin Kick 10m Dive, Distance Swim 75m - Record the personal best time for each swimmer</p>	
4	<p>Skills and Water Safety - Distressed Swimmer Recognition Game (see page 2) - One of These Things Doesn't Belong Here (see page 2)</p>	
20	<p>Strokes and Drills Back Crawl 25m - Arms-Only Partner Pull 25m (see page 2) – 2 times - Kicking, with Fins 25m – 3 times Elementary Back Stroke 15m - Arms-Only and Using a Flutter Kick to Maintain a Horizontal Body Position - Vertical Kicking: place buoyant object under the arms and practise a whip kick in a vertical body position Front Crawl 25m</p>	
11	<p>Skills and Water Safety No Repeat Entry (see page 2) Tread Water, Deep Water 1½ min - Discuss unwise choices that can cause boating-related drowning and injury - Identify fishing, boating (in boats under 6m in length), and canoeing as 3 high-risk activities - Have swimmers identify strategies to make these activities safer (e.g., always wear a PFD/lifejacket, never drink alcohol, get trained in boat operation, monitor the weather, and know local risks)</p>	

Red Cross Swim Kids 6

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.

Underwater Fun Challenge

Purpose: Work on treading water

Description:

1. Swimmers dive through a hoop and see how far they can swim underwater with only one breath.
2. When they surface, they tread water in that spot.

Distressed Swimmer Recognition Game

Purpose: Recognize different types of distressed swimmers

Description:

1. Clap hands and shout out a type of distressed swimmer.
2. Swimmers must simulate that type of distressed swimmer.
3. The last swimmer to assume the correct position does 2 deep-water bobs.

One of These Things Doesn't Belong Here

Purpose: Identify different types of distressed swimmers

Description:

1. Each swimmer, or pair of swimmers, takes a turn standing on deck while you, the Instructor, assign the other swimmers a type of distressed swimmer to simulate. All swimmers simulate the same type of distressed swimmer, except one swimmer who will be assigned a different type of swimmer who is not in distress (e.g., playing in the water, treading water, etc.).
2. On your cue, the swimmers in the water start their simulations. The swimmer(s) on deck must then point out which swimmer is not in distress and which type of distressed swimmer is being simulated.
3. Ensure everyone has had a chance to be on deck to identify the different type of distressed swimmer.

Arms-Only Partner Pull

Description:

1. Swimmers partner up. One partner swims a back crawl using arms only while the other holds on to the swimmer's ankles.
2. The partner being dragged can assist with kicking or not, depending on how difficult you want the drill to be.

No Repeat Entry

Purpose: Review entries

Description:

1. Divide the class into 2 groups.
2. Each swimmer does an entry.
3. No swimmer can repeat an entry someone else has done.

Red Cross Swim Kids 6

Lesson #7



Duration: 45 minutes

Time: _____

Equipment: Kickboards, hoops, ice thickness numbers, water noodles, pull-buoys, hand paddles, rubber bands

Time (mins)	Activity/Skill	Formation
3	Warm-Up Limb Swim (see page 2)	
25	Strokes and Drills Elementary Back Stroke 15m - Arms-Only Elementary Back Stroke (see page 2) - Whip Kick on Back with Water Noodle (see page 2) Front Crawl 25m - Front Crawl Drill 25m – Vertical Kick (see page 2) – 3 times - Shark Crawl Drill (see page 2) - Boxer Front Crawl (see page 2) Back Crawl 25m	
7	Skills and Water Safety Distressed Swimmer Recognition and Simulation - While treading water, the Instructor yells out types of distressed swimmers and swimmers act them out Front Dive - Place a hoop on water surface and have swimmers dive through it (one at a time)	
5	Fitness Activities Kicking Drills - Whip Kick on Back 25m - Dolphin Kick on Front 25m - Flutter Kick on Front 25m Dive, Distance Swim 75m - Record the personal best time for each swimmer	
5	Skills and Water Safety Sculling Relay (see page 2)	

Red Cross Swim Kids 6

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.

Limb Swim

Purpose: Increase endurance to 75m

Description:

1. While swimmers swim a stroke, call the name of a limb (e.g., left arm).
2. When you call out a limb, the swimmers cannot use it in the stroke.
3. Direct them where to place the limb when it is not in use.
4. Repeat using a different limb.

Arms-Only Elementary Back Stroke

Description:

1. Swimmers use arms only in a proper elementary back stroke pattern to propel themselves through the water. They can use a pull-buoy, hand paddles, and/or a rubber band to hold their legs together.

Whip Kick on Back with Water Noodle

Description:

1. Swimmers hold a water noodle under their arms and perform a whip kick in a seated body position.
2. This position allows swimmers to see their kicking form and correct any problems with the assistance of Instructor feedback.

Vertical Kick

Description:

1. Swimmers perform flutter kicks while in an upright, vertical position to improve the strength of the kick.
2. The difficulty can be increased by having swimmers hold their arms above their head.

Shark Crawl Drill

Purpose: Encourage high elbow recovery

Description:

1. Have swimmers perform front crawl and pause for 3 sec midway during the recovery phase.
2. At this point, their arm should be out of the water with their elbow bent 90 degrees so that it looks like a shark fin.

Boxer Front Crawl

Purpose: Have swimmers work on pull phase

Description:

1. Have swimmers perform front crawl with their fists clenched.
2. Emphasize that they should be getting power from the entire forearm during the pull phase.

Sculling Relay

Purpose: Practise sculling, review safe ice thicknesses

Description:

1. Divide the class into partners.
2. One partner puts his/her feet on the shoulders of the other partner.
3. Both partners scull 5m and pick up a pull-buoy with a number on it representing different ice thicknesses (e.g., 40, 25, 20, 15 cm).
4. Swimmers switch positions and scull back to the starting point.
5. When they arrive, they must state who and what can safely use the ice at this thickness. Explain why adult supervision and having a buddy is always necessary when on the ice.

Red Cross Swim Kids 6

Lesson #8



Duration: 45 minutes

Time: _____

Equipment: Inner tubes, kickboards or PFDs/lifejackets, beach ball, pull-buoy, rescue equipment

Time (mins)	Activity/Skill	Formation
5	Skills and Water Safety Target Toss/Distressed Swimmer (see page 2)	
2	Warm-Up Dolphin Dive Timed Race (see page 2)	
25	Strokes and Drills Front Crawl 25m - Arms-Only: use a pull-buoy between legs for support - Kicking Competitions (see page 2) Elementary Back Stroke 15m Back Crawl 25m - Back Crawl Drill 25m - Multi-Kick Drill (see page 2) – 3 times	
5	Fitness Activity Inner Tube Challenge (see page 2)	
8	Skills and Water Safety The Soccer Skull (see page 2) Work on any skills requiring further development	

Red Cross Swim Kids 6

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.

Target Toss/Distressed Swimmer

Purpose: Practise identifying distressed swimmers and throwing rescue equipment to them

Description:

1. Divide the class into pairs.
2. Have a variety of objects available to use as both good and bad rescue equipment.
3. One partner simulates a tired swimmer, while the other partner chooses appropriate rescue equipment and tosses it to the tired swimmer.
4. Swimmers switch roles.
5. If there is time, repeat the activity, simulating an injured swimmer.

Dolphin Dive Timed Race

Purpose: Practise dolphin dives

Description:

1. Time swimmers as they do dolphin dives from one side of the pool to the other and back again.
2. Swimmers repeat, trying to beat their personal best.

Kicking Competitions

Description:

1. With a partner, swimmers face each other with arms outstretched, pushing on a kickboard placed between them.
2. Swimmers flutter kick as hard as they can to attempt to push each other backward.

Multi-Kick Drill

Description:

1. In a single stroke cycle, swimmers normally kick 6 times (3 kicks per arm pull).
2. For this drill, use any of the following kicking rhythms to improve coordination, awareness, and the speed of the kick:
 - 2-beat kick
 - 4-beat kick
 - 6-beat kick (normal cycle)
 - 8-beat kick

Inner Tube Challenge

Description:

1. Divide the class into pairs. One partner is in the tube; the other partner hangs on to it.
2. Swimmers race for 75m. The partner in the tube uses the arms only while the partner hanging on to the tube uses the legs only. Partners can switch positions if tired.

The Soccer Scull

Purpose: Improve head-first scull on back

Description:

1. Provide each swimmer with a PFD/lifejacket for support.
2. Separate the class into 2 teams and identify each team's goal-scoring area.
3. Tell swimmers that they can only use their feet to move the beach ball and score in the opposing team's goal.
4. To move, the swimmers must scull.

Red Cross Swim Kids 6

Lesson #9



Duration: 45 minutes

Time: _____

Equipment: Bucket, ice and boating safety questions on laminated paper, variety of throwing assists without a line, sponges, fins, kickboard, pictures (or maps) of safe and unsafe swimming locations in the community (if available)

Time (mins)	Activity/Skill	Formation
15	<p>Skills and Water Safety</p> <p>Local Swimming Conditions and Hazards (see page 2) Causes of Boating Incidents, When and Where to Go on Ice - Fishing for Answers (see page 2) Distressed Swimmer Recognition and Simulation Dive Entry - Swim one width, perform a simulation of a distressed swimmer for 3 sec (swimmers' choice of type), return to other side - The next swimmer identifies the type of distressed swimmer that was simulated, dives into the water and swims to the other side, then performs a simulation of a distressed swimmer for 3 sec - Repeat until all swimmers have completed the activity Tread Water, Deep Water 1/2 min Throwing Assist without a Line</p>	
20	<p>Strokes and Drills</p> <p>Back Crawl 25m - Back Crawl Drill 25m – 3 times - Rocket Ship Kick (see page 2) Elementary Back Stroke 15m - Sponge Head (see page 2) – 3 times Front Crawl 25m - Scuba Kick (see page 2)</p>	
10	<p>Fitness Activities</p> <p>Distance Swim 75m - Record the personal best time for each swimmer Dolphin Kick 10m - Signal Kick (see page 2) - Flutter Kick, on Front</p>	

Page 2
Red Cross Swim Kids 6
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.

Fishing for Answers

Purpose: Review boating and ice safety

Description:

1. Put ice and boating safety questions on fish-shaped paper and laminate them.
2. Put the fish in a bucket.
3. Have each swimmer draw a fish and answer the question.

Rocket Ship Kick

Description:

1. Swimmers flutter kick on their back with arms above their head instead of down at their sides.
2. The focus is on maintaining a straight, streamlined body position.

Sponge Head

Description:

1. Swimmers perform an elementary back stroke with a sponge resting on their forehead.
2. This encourages them to maintain the proper head position and look straight up at the ceiling.

Scuba Kick

Description:

1. Swimmers kick with the aid of fins to promote pointed toes and increase the sensation of the flow of the flutter kick.

Signal Kick

Description:

1. Specify whether swimmers should be on their front or their back.
2. Every time you blow your whistle (if permitted) or raise a kickboard in the air, they must use a different type of kick.

Red Cross Swim Kids 6

Lesson #10



Duration: 45 minutes

Time: _____

Equipment: Sinking objects, kickboards, hats, envelopes, water safety review words, sponges

Time (mins)	Activity/Skill	Formation
4	<p>Warm-Up</p> <p>Head-Up Front Crawl Head-Up Crawl</p> <ul style="list-style-type: none"> - Hat Swim <ul style="list-style-type: none"> - Have 2 teams line up on deck, first 2 swimmers put on a hat, and slip into the water. - On "Go," they swim to the other side and return, handing the hats to the next 2 swimmers. - Continue until everyone has had a turn. 	
3	<p>Skills and Water Safety</p> <p>Word Jumble</p> <ul style="list-style-type: none"> - Have envelopes with water safety review words (cut into letters only). - Give each team a word to unscramble. - The group (or in partners) puts the words together to form a sentence, and then discusses the word and how it relates to what they learned, e.g., "ice," "15 centimetres." 	
27	<p>Strokes and Drills</p> <p>Elementary Back Stroke 15m</p> <ul style="list-style-type: none"> - Sponge Head (see page 2) – 3 times <p>Front Crawl 25m</p> <ul style="list-style-type: none"> - Arms-Only Partner Pull Race 25m (see page 2) – 2 times <p>Back Crawl 25m</p> <ul style="list-style-type: none"> - Arms-Only Partner Pull Race 25m (see page 2) – 4 times 	
9	<p>Fitness Activity</p> <p>Circuit Day (see page 2)</p>	
2	<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 6. Hand out Personal Best Fitness stickers (awarded for best time achieved). Encourage swimmers to continue to practise their swimming skills and to register for more Red Cross Swim Kids lessons.</p>	

Red Cross Swim Kids 6

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.

Sponge Head

Description:

1. Swimmers perform an elementary back stroke with a sponge resting on their forehead.
2. This encourages them to maintain a proper head position and look straight up at the ceiling.

Arms-Only Partner Pull Race

Description:

1. Swimmers partner up. One partner swims a front crawl using the arms only while the other holds on to the swimmer's ankles.
2. The partner being dragged can assist with kicking or not, depending on how difficult you want the drill to be.

Arms-Only Partner Pull Race

Description:

1. Swimmers partner up. One partner swims a back crawl using the arms only while the other holds on to the swimmer's ankles.
2. The partner being dragged can assist with kicking or not, depending on how difficult you want the drill to be.

Circuit Day

Purpose: Review skills

Description:

1. Set up different activity stations in the space available. For example:
 - Station 1 – push-ups
 - Station 2 – retrieve objects from bottom
 - Station 3 – kickboard toss at target
 - Station 4 – push an object across bottom of pool with nose and goggles.
2. Swimmers swim from station to station.