

SAMPLE DAILY LESSON PLAN: Swim for Life Parent & Tot 3

Date: Sept 29, 2010
Time: 10:00am – 10:30am

Instructor: Brenda Hamre
Lesson: Nine

Time	Activities/Progressions	Equipment	Formation
10:00-10:01 (1 minute)	Attendance & announce “Jungle” day <ul style="list-style-type: none"> ▪ BE ENTHUSIASTIC; BE EXCITED THEY’RE HERE! ▪ Note who is here & missing ▪ Make sure bathroom has been used 	Class roster + PFD to fit each student, caregiver and ME	Semi-circle
10:01-10:04 (3 minutes)	<u>WEAR PFD msg & #8 Jump & float Entry (Assisted)</u> Cruising to Jungle on boat = get all students & caregivers fitted with PFDs and in water <ul style="list-style-type: none"> ▪ Announce boat ride = goal is to get everyone in PFD, ready for our jungle trip ▪ Students line up on edge while I am in water (caregivers in water too) ▪ “I am the Captain – inspect crew before departure” (check PFDs are on correctly) ▪ Each jungle crew member needs to ask Captain/caregiver for permission to enter ▪ Once received, enter options are as follows: <ul style="list-style-type: none"> ▪ 1st> Sit, turn and slide in on belly then float ▪ 2nd> Stand, jump & float while holding caregiver’s fingers (feet 1st) ▪ 3rd> Stand, jump on own (feet 1st) and float 	PFDs (should be on before entering water)	Line
10:04-10:08 (6 minutes)	Working on the Cruise Ship = goal is to get them moving and floating in different ways with PFDs on <ul style="list-style-type: none"> ▪ Scrub the deck – move arms like ▪ Rinse the deck – splash feet ▪ Late for lunch – run in water ▪ Nap time – float on back different ways (#9 & #10) ▪ Kick off the sheets – kick on back (#11) ▪ Dancing fun – spinning in a circle, skipping & hopping ▪ Hide & go seek – hide under water, lay underneath bed, etc ▪ ARRIVE at the jungle – climb out of water (#3) ▪ Trip ends - remove and rinse PFDs + hang to dry ▪ 1st> All activities above may be done by caregiver & student together (caregiver is holding student) ▪ 2nd> All activities above may be done by student, with student holding caregiver’s one hand only ▪ 3rd> All activities above may be done by student alone, with caregiver in the water observing only 	Running H2O (to rinse PFDs)	Scatter
10:10-10:12 (2 minutes)	WEAR PFD message ...repeat above w/o PFDs = MUCH harder		
10:12-10:17 (5 minutes)	<u>(Assisted) #11 Kicking + #9/#10 Starfish/Pencil Floats</u> Finding “Jungle” Fishy = goal is to get them moving on own without being aware they are doing fitness <ul style="list-style-type: none"> ▪ They are jungle field trip – starting with the ocean ▪ Sink all barbells w/ the 6 different fishy cards (so the pictures are at surface) about 1m to 2m from edge ▪ They are to flutterkick out to one and look at it ▪ Share what they saw & try to make themselves look the fish (next to the card) ▪ Then they swim back to edge and repeat activity a bk float 	Laminated Fishy cards & String/Rope & Water barbells (tied before class) + Noodles (1/student)	Staggered Wave (in water) & Line (at edge)

	<ul style="list-style-type: none"> 1st> All activities above may be done by caregiver & student together (caregiver is holding both the student & the noodle) 2nd> All activities above may be done by student, with student holding the noodle and the caregiver next to the student 3rd> All activities above may be done by student alone, with caregiver in the water observing at the edge (w/ or w/o noodle) 		
<p>10:17 - 10:25 (8 minutes)</p>	<p><u>(Assisted) Entries = #1 Jump + #2 Submerged Sitting + #4 Hold Breath + #5 Eyes Open</u></p> <p>Jungle Safari time = goal is to help them be entering, getting wet and moving in the water with less assistance</p> <ul style="list-style-type: none"> Get ready to ride – straddle noodle on deck (sit first) Hop on to elephant – straddle position as feet 1st entry Ride through the jungle – hang on to noodle in seated position Get them to search for different jungle animals – try to act like each one they see (snakes, monkeys, giraffes, crocodiles, lions, etc) Get them to try to make the animals sounds above and below the water Go under a waterfall & thru a cave = hold breath Come back to the ship (edge) <p>**SEE PREVIOUS SKILLS FOR PROGRESSION OPTIONS**</p>	<p>Noodles (1 for each)</p> <p>+</p> <p>Laminated pictures of jungle animals <i>(for back-up if the students cannot think of ones)</i></p>	<p>Line/Wave</p>
<p>10:25-10:28 (3 minutes)</p>	<p><u>(Assisted) #7 Jump & Return + #6 Submerged Object + #12 Underwater Pass</u></p> <p>R&R time (Jungle ship not ready to leave)</p> <ul style="list-style-type: none"> Last part of our jungle trip = Play time in ocean – <i>allow them to be creative and experiment</i> Jump off ship & return Look for buried treasure + work with partner (i.e. pass) <p>**SEE PREVIOUS SKILLS FOR PROGRESSION OPTIONS**</p>	<p>Noodles</p> <p>+</p> <p>Laminated fish & animal pictures</p>	
<p>10:28 - 10:30 (2 minutes)</p>	<p><u>Wrap-Up – Closing Song used each class</u></p> <p>End song = used every class to prepare them to climb out</p> <ul style="list-style-type: none"> Tune – “Teddy Bear” <i>Teddy Bear, Teddy Bear, turn around Teddy Bear, Teddy Bear, reach for the ground Teddy Bear, Teddy Bear, touch your toes Teddy Bear, Teddy Bear, it’s time to go!</i> <p>Climb out = time to reward everyone’s efforts & then they get out</p> <ul style="list-style-type: none"> Get parents to work in partners to help one another! Be sure any buoyant objects are placed on deck before the children try to climb out High fives to each student once they are out of the water, if possible + LOTS of encouragement Give parents the handout for the day before leaving deck 	<p>HANDOUTS for the day!</p>	<p>Circle (with me in the middle)</p> <p>Line</p>
<p>BACKUP PLAN (3 minutes)</p>	<p><u>(Assisted) Entries and Exits (#1, #2, #3, #7) + #11 Kicking</u></p> <p>Jungle animals</p> <ul style="list-style-type: none"> Pretend to be different jungle animals – enter like one (FEET 1st always) Encourage to make noises 	<p>Laminated pictures of jungle animals</p>	<p>Staggered wave</p>