



## American Red Cross

# Intermediate and Advanced Swim Lessons

Refine strokes and build endurance

### Learn-to-Swim Level 4

### Learn-to-Swim Level 5

### Learn-to-Swim Level 6

Skills		
<ul style="list-style-type: none"> <li>Headfirst entry in compact and stride positions</li> <li>Feetfirst surface dive</li> <li>Swim underwater</li> <li>Tread water, using 2 different kicks</li> <li>Survival swimming for 1 minute</li> </ul>	<ul style="list-style-type: none"> <li>Shallow-angle dive into deep water</li> <li>Tuck surface dive</li> <li>Plow surface dive</li> <li>Tread water for 5 minutes</li> <li>Tread water, using legs only, for 2 minutes</li> <li>Sculling for 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>Surface dive and retrieve object from the bottom, 7–10 feet deep</li> </ul>
<p>Swimming:</p> <ul style="list-style-type: none"> <li>Front crawl for 25 yards</li> <li>Elementary backstroke for 25 yards</li> <li>Breaststroke for 15 yards</li> <li>Back crawl for 15 yards</li> <li>Butterfly for 15 yards</li> <li>Sidestroke for 15 yards</li> <li>Open turns on the front and back</li> <li>Flutter and dolphin kicks on back</li> <li>Push off in streamlined position on back, then begin kicking</li> </ul>	<p>Swimming:</p> <ul style="list-style-type: none"> <li>Front crawl for 50 yards</li> <li>Elementary backstroke for 50 yards</li> <li>Breaststroke for 25 yards</li> <li>Back crawl for 25 yards</li> <li>Butterfly for 25 yards</li> <li>Sidestroke for 25 yards</li> <li>Front flip turn</li> <li>Backstroke flip turn</li> </ul>	<p>Swimming:</p> <ul style="list-style-type: none"> <li>Front crawl for 100 yards</li> <li>Elementary backstroke for 100 yards</li> <li>Breaststroke for 50 yards</li> <li>Back crawl for 50 yards</li> <li>Butterfly for 50 yards</li> <li>Sidestroke for 50 yards</li> <li>Demonstrate open turns and front and back flip turns when swimming</li> </ul>
Exit Assessment		
<ul style="list-style-type: none"> <li>Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards.</li> <li>Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.</li> <li>Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.</li> </ul>	<ul style="list-style-type: none"> <li>Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards, using appropriate and efficient turning styles throughout.</li> <li>Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards, using appropriate and efficient turning styles throughout.</li> </ul>	<ul style="list-style-type: none"> <li>Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke.</li> </ul> <p><b>Note:</b> Additional exit assessments are required, depending on the course option selected.</p> <p><b>Course Options:</b></p> <ul style="list-style-type: none"> <li>Fitness Swimmer</li> <li>Personal Water Safety</li> <li>Fundamentals of Diving</li> </ul>
Safety Focus		
<ul style="list-style-type: none"> <li>Reaching assist</li> <li>Throwing assist</li> <li>Recreational water illnesses</li> <li>Think So You Don't Sink</li> <li>Look Before You Leap</li> </ul>	<ul style="list-style-type: none"> <li>How to call for help and the importance of knowing first aid and CPR</li> <li>Recreational water illnesses</li> <li>Reach or Throw, Don't Go</li> <li>Look Before You Leap</li> <li>Think So You Don't Sink</li> <li>Think Twice Before Going Near Cold Water or Ice</li> <li>Wave, Tide or Ride, Follow the Guide</li> </ul>	<ul style="list-style-type: none"> <li>Learn About Bloating Before You Go Floating</li> <li>Think So You Don't Sink</li> <li>Swim as a Pair Near a Lifeguard's Chair</li> <li>Look Before You Leap</li> <li>The danger of drains</li> <li>The dangers of hyperventilation and extended breath-holding</li> </ul>

*Become a stronger, more competent swimmer by swimming longer distances and learning more strokes and skills.*

Once you reach Level 6, lessons are customized to meet your personal objectives, including competition.



# Red Cross Swim Lesson Plans

**M Walker**

The Red Cross logo is positioned to the right of the author's name. It consists of a red circle with a white cross in the center.

## Red Cross Swim Lesson Plans:

*Swimming Made Easy* Terry Laughlin, 2001      **American Red Cross Water Safety Instructor's Manual**, 2004

Discover Swimming Roberto Strauss, 2019-08-28 A common sense approach for teachers coaches PE students Are you the BEST swim instructor that you that you can be Are you the BEST parent that you can be That s why you chose this handbook WELCOME to the world of Discovering Swimming In this book I will share with you all the wisdom that I have been taught and as the founder and director of Swim Gym H2O s Foundation During this time educators from around the world my swim instructors the parents of my students have taught me but most of all I have learned from my students      Methods and

Materials in Physical Education and Recreation Charles Augustus Bucher, 1954      **Water Safety Instructor Manual** Canadian Red Cross Society. Water Safety Service, Mosby Lifeline, 1996      *The Physical Educator*, 1971      **The Journal of Physical Education**, 1974      **Encyclopedia of Physical Education, Fitness, and Sports: Sports, dance, and related activities**, 1977      Universal Design for Learning in Physical Education Lauren J. Lieberman, Michelle Grenier, Ali

Brian, Katrina Arndt, 2021 This groundbreaking text describes how general and adapted PE teachers can implement universal design for learning UDL to create units and lesson plans that are accessible to all students Numerous ready to use plans rubrics and examples will help teachers follow best practices in inclusion      Teaching Computing Henry M.

Walker, 2018-04-24 Teaching can be intimidating for beginning faculty Some graduate schools and some computing faculty provide guidance and mentoring but many do not Often a new faculty member is assigned to teach a course with little guidance input or feedback Teaching Computing A Practitioner s Perspective addresses such challenges by providing a solid resource for both new and experienced computing faculty The book serves as a practical easy to use resource covering a wide range of topics in a collection of focused down to earth chapters Based on the authors extensive teaching experience and his teaching oriented columns that span 20 years and informed by computing education research the book provides numerous elements that are designed to connect with teaching practitioners including A wide range of teaching topics and basic elements of teaching including tips and techniques Practical tone the book serves as a down to earth practitioners guide Short focused chapters Coherent and convenient organization Mix of general educational perspectives and computing specific elements Connections between teaching in general and teaching computing Both historical and contemporary perspectives This book presents practical approaches tips and techniques that provide a strong starting place for new computing faculty and perspectives for reflection by seasoned faculty wishing to freshen their own teaching      **Action**

**Recovery Program and Comprehensive Outdoor Recreation Plan, 1980-1985**, 1981      **Physical Training; Supplement to Association Men**, 1970      *Official Aquatics, Synchronized Swimming, Winter Sports & Outing Activities Guide*, 1955      **Official Aquatics, Winter Sports, and Outing Activities Guide**, 1949      *Strategies*, 2005      **Planning School-community Swimming Pools** California. Bureau of Health Education, Physical Education, and Recreation, 1955

**Adapted Physical Education** Arthur Simpson Daniels, Evelyn A. Davies, 1975      Official Aquatics, Synchronized Swimming, Winter Sports, & Outing Activities Guide, 1955      **Graduate Bulletin** Wisconsin State College at Eau Claire, 1960      **Principles of Safety in Physical Education and Sport** National Association for Sport and Physical Education, 2002

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