

SWIMMING AND WATER SAFETY PROGRAM WORKSHEET

- Parent and Child Aquatics
- Preschool Aquatics
- Learn-to-Swim
- Adult Swim
- Water Safety Courses
- Water Safety Presentations

Purpose:

Options/Levels:

Instructor Resources:

Instructor Resources

	Material	How Material Helps Instructor
	<i>Swimming and Water Safety</i>	
	<i>Swimming and Diving Skills DVD</i>	
	<i>Teaching Swimming and Water Safety DVD</i>	
	<i>Water Safety Instructor's Manual,</i> Chapters _____	
	Instructor's Corner—_____ <ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ 	
	<i>Swim Lessons Achievement Booklet</i>	
	Swim Lessons Completion Card	
	Red Cross Swim mobile application	
	<i>Safety Training for Swim Coaches Instructor's Manual</i>	
	<i>Safety Training for Swim Coaches Supplement</i>	
	<i>Longfellow's WHALE Tales K–6 Educational Packet</i>	
	<i>Longfellow's WHALE Tales DVD</i>	

PRACTICE-TEACHING FORMS

- Practice-Teaching Feedback and Evaluation Form
- Practice-Teaching Self-Evaluation Form
- Practice-Teaching Assignments

PRACTICE-TEACHING FEEDBACK AND EVALUATION FORM

Name: _____ Date: _____

Topic: _____ Practice Teach: 1 2 3 4 (circle)

Criteria	YES	NO	Comments
Followed written lesson plan	YES	NO	
Arranged participants so that all could see	YES	NO	
Was clean and neat in appearance	YES	NO	
Communicated effectively	YES	NO	
Made frequent eye contact with participants	YES	NO	
Organized presentation logically	YES	NO	
Managed time well	YES	NO	
Delivered accurate and specific information	YES	NO	
Was able to answer the questions asked by the group	YES	NO	
Gave clear explanations of practice teaching and skills to be taught	YES	NO	
Started practice efficiently	YES	NO	
Noticed participant errors	YES	NO	
Gave appropriate feedback	YES	NO	
Provided accurate demonstrations when needed	YES	NO	
Used appropriate class organization for the skills being taught	YES	NO	
Used appropriate learning activities, games or drills for the skills being taught	YES	NO	
Used appropriate equipment and teaching aids	YES	NO	

PRACTICE-TEACHING SELF-EVALUATION FORM

Name: _____ Date: _____

Topic: _____ Practice Teach: 1 2 3 4 (circle)

Criteria		Comments	Changes for Next Time
Did I follow my lesson plan?	YES NO		
Did participants have enough time to practice?	YES NO		
Were the activities I used right for the age and skill of the participants?	YES NO		
Did I choose the right activities, or were they too difficult, too time consuming or too easy?	YES NO		
Did I use my teaching area effectively?	YES NO		
Did I use a variety of methods and equipment to enhance learning?	YES NO		
Did I include a variety of skills in the plan so that everyone had some success?	YES NO		
Did the participants' skills improve?	YES NO		
Did I use co-instructors or instructor aides effectively?	YES NO		

PRACTICE-TEACHING ASSIGNMENTS

Assign each instructor candidate one skill from each practice-teaching assignment. Be sure that instructor candidates know which level they have been assigned so that they know to which performance criteria they will be teaching.

Practice-Teaching Assignment 1

Skill	Level	Assigned to
1. Back float and recover to a vertical position	PSA 1	
2. Combined arm and leg actions on back	PSA 1	
3. Recognizing the lifeguards	PSA 1	
4. Front float and recover to a vertical position	LTS 1	
5. Combined arm and leg actions on front	LTS 1	
6. Alternating leg action on front	LTS 1	
7. Front glide	PSA 2	
8. Roll from front to back	LTS 2	
9. Finning arm action on back	LTS 2	
10. Jellyfish float	LTS 2	

Practice-Teaching Assignment 2

Skill	Level	Assigned to
1. Fully submerging and holding breath	PSA 3	
2. Back glide	PSA 3	
3. Treading arm and leg actions	PSA 3	
4. Change direction of travel while swimming on the front or back (teach front and back)	PSA 3	
5. Too Much Sun Is No Fun	PSA 3	
6. Headfirst entry from the side in a sitting position	LTS 3	
7. Front crawl	LTS 3	
8. Elementary backstroke	LTS 3	
9. Push off in a streamlined position then begin dolphin kicking	LTS 3	
10. Exit skills assessment	LTS 3	

Practice-Teaching Assignment 3

Skill	Level	Assigned to
1. Survival swimming	LTS 4	
2. Feetfirst surface dive	LTS 4	
3. Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary)	LTS 4	
4. Sidestroke	LTS 4	
5. Think So You Don't Sink	LTS 4	
6. Exit Skills Assessment 1	LTS 4	
7. Front flip turn while swimming	LTS 5	
8. Tuck surface dive and pike surface dive	LTS 5	
9. Back crawl open turn	Adult Swim	
10. Breaststroke	Adult Swim	

Practice-Teaching Assignment 4

Skill	Level	Assigned to
1. Shallow-angle dive	LTS 5	
2. Sculling	LTS 5	
3. How to call for help, and the importance of knowing first aid and CPR	LTS 5	
4. Reach or Throw, Don't Go	LTS 5	
5. Breaststroke turn	LTS 6	
6. HELP position	LTS 6	
7. Diving from poolside progressions (kneeling, forward dive fall-in and standing dive)	LTS 6	
8. Calculating target heart rate	LTS 6	
9. Takeoff on deck (one-part and two-part takeoff)	LTS 6	
10. Backstroke flip turn while swimming	Adult Swim	