

Day 2 Homework Assignments

1) Floats and Holds

Look at pages 128- 134, become familiar with each as we will be using them in our water sessions.

Reflect how can this information help you in planning your lessons? What levels do you feel you would use these in?

2) Skill Sheets

Located towards the back of the manual

Locate Level 2, 3, 4 and 5/6

Know what each level focuses on and what skills participants need to demonstrate in order to pass onto the next level.

For questions 3 & 4 please write your answers in a word document saved as lastname.firstname and email it to santillok@orchardparkny.org The Subject should read Day 2 homework

3) Looking at the lesson plans for level 1, 2 and 3, choose a 15 minute segment from each (from any day) and plan out how to incorporate quick transitions and staggering for warmth. Take notes as you will be teaching one of the segments you choose to the class on day one of our pool session.

What equipment would you need to get out ahead of time to accomplish your plan for the above question?

4) Adapting a lesson for a participant with special needs

Choose a 10min segment from level 3 lesson plans and re-write that segment to adapt the lesson to accommodate someone:

With only one arm

Someone who is visually impaired

Someone who is hearing impaired

Someone with sensory processing disorder

In your plan please include any different equipment you envision yourself using, how you would communicate, and how you would keep your class engaged and safe.