

Lesson 1 Homework Assignment

1) Ages and Stages

Read page 10 in your manual

Reflect how can this information help you in planning your lessons?

2) Skill Sheets

Located towards the back of the manual

Locate Parent Child, Bubble Belt and Level 1

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

For questions 4-7 please write your answers in a word document saved as lastname.firstname and email it to santillok@orchardparkny.org. The Subject should read Lesson 1 homework

4) When learning the flutter kick for the 1st time, what are some common mistakes swimmers make?

How would you correct them?

5) What page are floats and holds on?

Look at Level 1, day 1 lesson plan for front and back float exercise. What hold(s) would you use and why? Are there any you would not use? Why?

6) Reflecting on your ages and stages description on page 10, how would you get the attention of your bubble belt class on the first day? The average age for a bubble belt class tends to be between 4 and 6 yrs of age.

7) What would you do if one of your bubble belt participants (one of your class of 6) refused to get in?