

Level 1 Quiz

Which of the following items are appropriate tools to use while teaching a level 1 class? Choose all that apply. (Choose all that Apply)

- Kickboard
- Noodle
- Toys
- Tot Dock/ Elevated platform in water
- Flippers

2. While helping students work on their float in Level 1, a good activity for those who remain on the wall to do is:

- Breath holding contest
- Practice Flutter Kick while holding the wall
- Simon Says
- Jumps

3. To pass level 1, participants must be able to demonstrate the following: (check all that apply) (Choose all that Apply)

- Enter independently and travel 5 yards, bob three times and then exit safely
- Glide on front at least 2 body lengths, roll to a back float for 3 seconds, recover to vertical position
- Tread water for 30 seconds
- Complete a kneeling dive

4. Describe how you would introduce treading water to your level 1 class. (hint look at pg 110 in your manual)

5. What would be an appropriate game for Level 1 to work on their alternating arm movements? What equipment would you need to play the game safely and successfully?