

Level 2 Quiz

1. What are two teaching tips listed in your manual to help with teaching treading water to level 2 participants? (Choose all that Apply)

- Be sure weaker swimmers practice treading near the wall so they can grab on when they get tired
- Have everyone start in the deep end
- Encourage children to try out finning with their hands
- Have them practice blindfolded

2. When working with any level, each time you transition to a new skill/ activity it is important to:

- Explain it, demonstrate it, Explain it again
- Yell instructions
- Make the participants guess what they need to do
- Wear goggles

3. When working on the front glide, during demonstration the instructor will: (check all that apply) (Choose all that Apply)

- Demonstrate in the middle of the participants so all can see
- Will take extra time to show how to properly place arms for the front glide
- Use fun teaching techniques such as pretending to be a rocket ship and blasting off
- Encourage kids to maintain a tight streamline position while pushing off the wall with their legs

Question Title

4. To be able to pass onto level 3, participants must be able to complete the following exit skills: (check all that apply) (Choose all that Apply)

- Step from side to chest deep water, move into a front float for 5 seconds, roll to back & float for 5 seconds then return to vertical position

- Start in back float position, float for 5 seconds, roll to front then recover to vertical position
- push off the wall and swim using combined arm and leg actions on front for 5 body lengths
- float for 15 seconds on back then roll to front to swim for 5 body lengths
- demonstrate the correct leg movement for breaststroke

5. Describe an activity you would use to work on opening eyes under water.

