

LEARN TO SWIM




COLIN'S HOPE
www.colinshope.org

APRENDER A NADAR

LEARN TO SWIM

Hand Motion: Move arms in swimming motion



PREPARE THE LESSON

Gather your materials:

PRINT the large icon Learn To Swim

ENSURE that the **Interactive Curriculum** is compatible with your device.

Objectives:

- Learn why swimming lessons are important
- Practice swimming skills on dry land
- Talk about differences between water like pools and bathtubs and water like beaches, rivers, and lakes

TEACH LEARN TO SWIM - Use the script below OR watch the video on the Interactive Curriculum

If you have printed the large icon, use it to show the picture of this rule.

Teacher: Simple rules can help keep you safer around water. When we talk about water safety we mean making choices around water that keep you from getting hurt. Can you think of some places where you can find water? **A pool, bathtub, beach, river, a backyard, buckets, ponds, sinks, toilets, kiddie pools, and more** Let's talk about ways that we can be SAFER.

- This picture means LEARN TO SWIM. **Hold up LEARN TO SWIM icon card.**
- We can remember this rule by moving our arms in BIG rainbows! **Help kids remember this rule by using "swimming arms."**
- Who do you think should learn how to swim? Should little kids learn to swim? **Yes.** What about big kids, should they learn to swim? **Yes.** How about grown ups? **Yes.** Everyone - little kids, big kids, and grown ups - should learn to swim.
- Has anyone ever been to a swim lesson? Tell me about it! Taking swimming lessons will teach you how to put your face in the water, float, how to move your arms and legs, and how to blow bubbles in the water! If you are still learning to swim, stay in shallow water with a grown up

- Let's try some of these skills now! Everyone find a spot on the ground. Do you know what the word "float" means? "Float" means to stay on top of the water. You can make yourself float in the water by laying like a starfish. Can you show me what a starfish looks like?! **Model a starfish on the ground and have the children try it.**
- You can swim in the water by moving your arms like this (**demonstrate**). We call this "rainbow arms" or "ice cream scoops." You try!
- Now kick your feet like this (**demonstrate**). This is how you help your body swim in the water. Move your arms and feet at the same time. **Ask the children to practice.**
- **Review all 3 skills. Emphasize that these are things you have to learn how to do with a grown up in the water.**



- Learning to swim is fun. When you know how to swim , you might try swimming in all kinds of water when you are with a grown up.
- Something to remember is that not all water is the same. Water like pools and bathtubs is different from water like lakes, beaches, rivers, ponds, and creeks.
- Water like pools and bathtubs is clear. You can see through to the bottom when you look at it. It also has a very easy way to get in and get out. You can use stairs to walk in or easily put your foot over the edge. Water in pools and bathtubs is also very calm.
- Water like lakes, beaches, rivers, ponds, and creeks is the opposite. This water is usually dark so you cannot see very far. It can be very, very deep, and things like waves, boats, and bad weather can make it dangerous to swim. In this kind of water, you have to make sure your body is safe from rocks, animals, and litter.
- Take time to practice your swimming skills in water like lakes and beaches with your grown up, and always remember that these places are different from water like bathtubs and pools.

Lesson wrap up: Review LEARN TO SWIM and hand motion.

WATER SAFETY WITH COLIN & FRIENDS ASSESSMENT

Take the quiz to see how much YOU remember about water safety!



YOU DID IT! YOU CAN BE SAFER WITH THE WHOLE HAND RULES!

COMPLETE THE INTERACTIVE CURRICULUM ASSESSMENT OR USE THIS PRINTABLE ASSESSMENT to review what your class has learned (correct answers in **BLUE**).

Remember to PRINT THE CERTIFICATE OF COMPLETION!

1 What can you learn how to do to be safer in all kinds of water?

- A. Stop, drop, and roll
- B. How to swim**
- C. How to read

2 Which swim skills can you practice on dry land away from water?

- A. Floating**
- B. Moving your arms**
- C. Kicking your feet**
- D. Blowing bubbles**

3 What kind of water has an ENTRANCE and is CALM, CLEAR?

- A. Pools**
- B. Bathtubs
- C. Lakes
- D. Beaches

4 What kind of water has WAVES, is DEEP, and has CURRENTS?

- A. Pools**
- B. Bathtubs
- C. Lakes
- D. Beaches

