

Red Cross Swim Preschool–Duck Lesson #1



Theme: Splash, Splash, I Was Taking a Bath
Story: We are taking a bath with our favourite toys and our caregiver.
Focus: Moving the water

Duration: 30 minutes
Time: _____
Equipment: Floating toys, Sponges or Washcloths

Time (mins)	Activity/Skill	Formation
6	Welcome the swimmers and take attendance. Identify where to wait before each lesson and conduct a brief facility/site tour (pointing out shallow water, deep water, safety policies, etc.). Identify Emergency Evacuation Procedures. Discuss active supervision strategies for swimmers who are in or near the water: • Always have the swimmer within arm's reach when in or near the water • Always maintain visual contact with the swimmer when in or near the water • Hold the swimmer's hand while walking in an aquatic environment – Facility/Site Orientation and Active Supervision Caregivers enter the water first while maintaining physical contact with the swimmer sitting at or near the edge of the pool. Demonstrate how to hold the swimmer for the entry (i.e., hold sides of the swimmer's body under armpits). When the swimmer enters the water, bring the swimmer close to the caregiver's body in an upright carrying position. Ensure the swimmer's shoulders are above the surface of the water. – Shallow Water Entries and Exits (Caregiver and Child)	
4	Stop! Look! Ask! We stop at the edge of the water before entering, look for our caregiver in the water, and then wait for our caregiver to ask, "Are you ready to swim?" We wait for permission from our caregiver before entering. – Stop! Look! Ask! Shallow Water Entries and Exits (Caregiver and Child)	
1	We explore the big bathtub, see what is floating in the tub, and chase floating toys around the pool. – Buoyancy and Movement (Assisted)	
4	Give the swimmers floating toys to play with while the caregivers hold the swimmers. While the swimmers are playing and exploring the water, discuss effective floating equipment for assisting the swimmers and identify the dangers of the equipment. The swimmers must remain within arm's reach of a caregiver even when using a buoyant assist—these assists do not replace supervision. – Getting Wet (Assisted), Buoyant Objects	
2	We sing "If You're Happy and You Know It." <i>If you're happy and you know it (blow bubbles) 3 times</i> (Insert other water activities, kick your feet, splash yourself.) – Play and Songs	
3	We sing "This is the Way We Wash Ourselves" (arms, legs, face, hair, tummy) and use a sponge or washcloth to wash ourselves. – Getting Wet (Assisted), Play and Songs <i>This is the way we wash our arms, wash our arms, wash our arms, This is the way we wash our arms in swimming class each day. (Insert legs, face, hair, and tummy where "arms" is.)</i>	
2	We must find all the toys in the pool. Demonstrate front hold support. The caregiver holds the swimmer's body under the armpits, with the swimmer held close to the caregiver or with the swimmer facing away from the caregiver. – Move Forward (Assisted)	
3	We try different movements, holding onto the toys. We make the water move up and down and forward and backward. – Move Forward (Assisted); Move Backward (Assisted)	
3	We are getting sleepy, so we float on our back, with our eyes closed, and sing "Twinkle, Twinkle, Little Star." Demonstrate back cradle position. The caregiver cradles the swimmer in his or her arms, with the swimmer facing the caregiver. The caregiver and the swimmer should be at the surface level of the water. – Back Float and Recovery (Assisted)	
2	We say the Duck poem. We get out of the water, dry our hair and body with a towel, and stay warm by curling up with our caregiver. – Shallow Water Entries and Exits (Caregiver and Child); Show How to Stay Warm <i>Duck, Duck, touch the ground, Duck, Duck, touch your toes, Duck, Duck, wiggle your nose, Duck, Duck, jump up high, Duck, Duck, wave good-bye!</i>	

Red Cross Preschool Duck Lesson Plans

WJ Hussar



Red Cross Preschool Duck Lesson Plans:

Decoding **Red Cross Preschool Duck Lesson Plans**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Red Cross Preschool Duck Lesson Plans**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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