



American Red Cross

Intermediate and Advanced Swim Lessons

Refine strokes and build endurance

Learn-to-Swim Level 4

Learn-to-Swim Level 5

Learn-to-Swim Level 6

Skills		
• Headfirst entry in compact and stride positions • Feetfirst surface dive • Swim underwater • Tread water, using 2 different kicks • Survival swimming for 1 minute Swimming: • Front crawl for 25 yards • Elementary backstroke for 25 yards • Breaststroke for 15 yards • Back crawl for 15 yards • Butterfly for 15 yards • Sidestroke for 15 yards • Open turns on the front and back • Flutter and dolphin kicks on back • Push off in streamlined position on back, then begin kicking	• Shallow-angle dive into deep water • Tuck surface dive • Pike surface dive • Tread water for 5 minutes • Tread water, using legs only, for 2 minutes • Sculling for 30 seconds Swimming: • Front crawl for 50 yards • Elementary backstroke for 50 yards • Breaststroke for 25 yards • Back crawl for 25 yards • Butterfly for 25 yards • Sidestroke for 25 yards • Front flip turn • Backstroke flip turn	• Surface dive and retrieve object from the bottom, 7-10 feet deep Swimming: • Front crawl for 100 yards • Elementary backstroke for 100 yards • Breaststroke for 50 yards • Back crawl for 50 yards • Butterfly for 50 yards • Sidestroke for 50 yards • Demonstrate open turns and front and back flip turns when swimming
Exit Assessment		
• Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards. • Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards. • Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.	• Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards, using appropriate and efficient turning styles throughout. • Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards, using appropriate and efficient turning styles throughout.	• Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke. Note: Additional exit assessments are required, depending on the course option selected. Course Options: • Fitness Swimmer • Personal Water Safety • Fundamentals of Diving
Safety Focus		
• Reaching assist • Throwing assist • Recreational water illnesses • Think So You Don't Sink • Look Before You Leap	• How to call for help and the importance of knowing first aid and CPR • Recreational water illnesses • Reach or Throw, Don't Go • Look Before You Leap • Think So You Don't Sink • Think Twice Before Going Near Cold Water or Ice • Waves, Tide or Ride, Follow the Guide	• Learn About Boating Before You Go Floating • Think So You Don't Sink • Swim as a Pair Near a Lifeguard's Chair • Look Before You Leap • The danger of drains • The dangers of hyperventilation and extended breath-holding

Become a stronger, more competent swimmer by swimming longer distances and learning more strokes and skills.

Once you reach Level 6, lessons are customized to meet your personal objectives, including competition.



Red Cross Swim Lesson 4 Plan Template

Janette B. Benson, Marshall M. Haith

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author names.

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Planning Recreation for Rural Home and Community Evelon Joy Niederfrank, 1950 Universal Design for Learning in Physical Education Lauren J. Lieberman, Michelle Grenier, Ali Brian, Katrina Arndt, 2021 This groundbreaking text describes how general and adapted PE teachers can implement universal design for learning UDL to create units and lesson plans that are accessible to all students Numerous ready to use plans rubrics and examples will help teachers follow best practices in inclusion Scouting , Published by the Boy Scouts of America for all BSA registered adult volunteers and professionals Scouting magazine offers editorial content that is a mixture of information instruction and inspiration designed to strengthen readers abilities to better perform their leadership roles in Scouting and also to assist them as parents in strengthening families **Red Cross Briefs** ,1920 **The Red Cross Courier** ,1929 **Metropolitan Management, Transportation and Planning** ,1955 *Leisure Program Planning and Delivery* Ruth V. Russell, Lynn Marie Jamieson, 2008 This course textbook provides a comprehensive three step plan for successful programming of services programme leadership and understanding operational management in recreation and leisure organisations **Professional Lifeguard Textbook** American Red Cross, 1994-10 **The Detroit Educational Bulletin** Detroit (Mich.). Board of Education, 1924 Vols 2 7 contain also Special bulletins pub during the same period *Strategies* ,2005 **Dynamic Physical Education for Secondary School Students** Timothy A. Brusseau, Heather Erwin, Paul W. Darst, Robert P. Pangrazi, 2024-02-29 Dynamic Physical Education for Secondary School Students DPE continues its legacy as the go to textbook for preparing future secondary physical educators Now in its 10th edition this trusted resource presents a standards based approach to teaching physical education DPE guides physical education teacher education PETE students through the process of creating a positive learning environment that is developmentally and culturally appropriate for all students and is designed to develop skills that promote physical activity outside of school and across the life span DPE is an ideal resource for preparing preservice physical educators to feel confident and effective in the class setting from day one It provides the foundational knowledge to teach quality physical education and complements that learning with a host of ready to use activities and lesson plans PETE students can use each lesson plan as is or build their own lesson plans from the provided activities The principles of DPE have been implemented and studied for more than five decades and have stood the test of time The text emphasizes skill development activity promotion and physical fitness behaviors that serve as the foundation of quality physical education programming and teaching The enhancements in this 10th edition continue to build on those pillars to put theory into practice Updates throughout the text stress the importance of culturally relevant pedagogy and curricula and emphasize social emotional learning QR codes link directly to complete units and lessons on the Dynamic PE ASAP website so readers can immediately see application of specific activities Activity chapters have been reorganized around game themes to better align with current curriculum approaches and new activities and games such as pickleball have been added This text will

help current and future educators promote physical activity beyond the school day It offers a vast array of evidence based activities and instructional strategies that will help PETE students shape quality physical education programs employ successful teaching practices for secondary students administer a comprehensive school physical activity program CSPAP and offer activities that motivate students and improve their skill and competence Teaching tips also provide insights drawn from the real life experiences of teachers and teacher educators DPE continues to meet the needs of preservice and in service teachers in developing curricula that meet physical education standards DPE continues to be one of the most widely used and influential secondary physical education texts in the field It helps readers implement current best practices and equips students with the information they need to create engaging and meaningful PE programs *Safety Education* ,1929

Journal of Health, Physical Education, Recreation ,1936 Physical Fitness Through Physical Education for the Victory Corps United States. Office of Education. Committee on Wartime Physical Education for High Schools,1942

Leibeserziehung Fitness Sportverwaltung USA *Scouting* ,1923 Includes Annual report of the Boy Scouts of America

The Trained Nurse and Hospital Review ,1928 *Social and Emotional Development in Infancy and Early Childhood* Janette B. Benson,Marshall M. Haith,2010-05-21 Research is increasingly showing the effects of family school and culture on the social emotional and personality development of children Much of this research concentrates on grade school and above but the most profound effects may occur much earlier in the 0 3 age range This volume consists of focused articles from the authoritative Encyclopedia of Infant and Early Childhood Development that specifically address this topic and collates research in this area in a way that isn t readily available in the existent literature covering such areas as adoption attachment birth order effects of day care discipline and compliance divorce emotion regulation family influences preschool routines separation anxiety shyness socialization effects of television etc This one volume reference provides an essential affordable reference for researchers graduate students and clinicians interested in social psychology and personality as well as those involved with cultural psychology and developmental psychology Presents literature on influences of families school and culture in one source saving users time searching for relevant related topics in multiple places and literatures in order to fully understand any one area Focused content on age 0 3 save time searching for and wading through lit on full age range for developmentally relevant info Concise understandable and authoritative for immediate applicability in research **The Balance Sheet and Current Financial Trends of Agriculture, 1949** Fred Landreth Garlock,1949 Pp 1 Nursing World ,1928 **Bulletin of the Atomic Scientists** ,1970-12 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer world

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Table of Contents Red Cross Swim Lesson 4 Plan Template

1. Understanding the eBook Red Cross Swim Lesson 4 Plan Template
 - The Rise of Digital Reading Red Cross Swim Lesson 4 Plan Template
 - Advantages of eBooks Over Traditional Books
2. Identifying Red Cross Swim Lesson 4 Plan Template
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Red Cross Swim Lesson 4 Plan Template
 - User-Friendly Interface
4. Exploring eBook Recommendations from Red Cross Swim Lesson 4 Plan Template
 - Personalized Recommendations
 - Red Cross Swim Lesson 4 Plan Template User Reviews and Ratings
 - Red Cross Swim Lesson 4 Plan Template and Bestseller Lists
5. Accessing Red Cross Swim Lesson 4 Plan Template Free and Paid eBooks

- Red Cross Swim Lesson 4 Plan Template Public Domain eBooks
- Red Cross Swim Lesson 4 Plan Template eBook Subscription Services
- Red Cross Swim Lesson 4 Plan Template Budget-Friendly Options
- 6. Navigating Red Cross Swim Lesson 4 Plan Template eBook Formats
 - ePub, PDF, MOBI, and More
 - Red Cross Swim Lesson 4 Plan Template Compatibility with Devices
 - Red Cross Swim Lesson 4 Plan Template Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Red Cross Swim Lesson 4 Plan Template
 - Highlighting and Note-Taking Red Cross Swim Lesson 4 Plan Template
 - Interactive Elements Red Cross Swim Lesson 4 Plan Template
- 8. Staying Engaged with Red Cross Swim Lesson 4 Plan Template
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Red Cross Swim Lesson 4 Plan Template
- 9. Balancing eBooks and Physical Books Red Cross Swim Lesson 4 Plan Template
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Red Cross Swim Lesson 4 Plan Template
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Red Cross Swim Lesson 4 Plan Template
 - Setting Reading Goals Red Cross Swim Lesson 4 Plan Template
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Red Cross Swim Lesson 4 Plan Template
 - Fact-Checking eBook Content of Red Cross Swim Lesson 4 Plan Template
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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