

## **WSI**

**Location - Beede Center**

**Dates – Sundays April 28, May 5, 12 and 19.**

**Time 9am – 3pm each day**

**Instructor – Arnie Cohen [coacharnie@yahoo.com](mailto:coacharnie@yahoo.com)**

### **Pre-Course Wrap up**

Complete the online Orientation to the Swimming and Water Safety Program.

- Complete Round 1 of the online simulation.
- Read Chapters 1, 4 and 10, Water Safety Instructor's Manual.
- Read Chapters 1, 2 and 3, Swimming and Water Safety.
- Review Longfellow's WHALE Tales K–6 Educational Packet.

### **Class 1 Wrap up**

- Complete Round 2 of the online simulation.
- Reading assignments:
  - Water Safety Instructor's Manual:
    - Read Chapter 2, Promoting Effective Learning.
    - Read Chapter 6, Teaching People Who Move, Learn, Communicate or Behave Differently.
    - Review Stroke Performance Charts, Front Crawl.
  - Swimming and Water Safety:
    - Read the Front Crawl Section of Chapter 6, Basic Swimming Strokes.
    - Read Chapter 9, Aquatics for People with Disabilities or Health Conditions.
- Read drills and games in the resources section of the online simulation; remind candidates that drills and games are also available on the Instructor Candidate Resources section of the Red Cross Learning Center.
- Assign instructor candidate(s) to present the review of the next online simulation round at the beginning of the next in-person lesson.

### **Class 2 Wrap up**

- Complete Round 3 of the online simulation.

- Reading assignments:
  - Water Safety Instructor's Manual:
    - Read Chapter 3, Holding and Support Techniques.
    - Read Infants and Young Children Section and School-Age Children section of Chapter 5, Teaching Students of Different Ages.
    - Read Chapter 7, Parent and Child Aquatics.
    - Read Chapter 8, Preschool Aquatics.
- Review Stroke Performance Charts, Back Crawl
- Swimming and Water Safety:
  - Read Back Crawl Section of Chapter 6, Basic Swimming Strokes.
- Review drills and games in the resources section of the online simulation; remind candidates that drills and games are also available on the Instructor Candidate Resources section of the Red Cross Learning Center.
- Assign instructor candidate(s) to present the review of this in-person lesson at the beginning of the next in-person lesson.

### **Class 3 Wrap up**

Complete Round 4 of the online simulation.

- Reading assignments:
  - Water Safety Instructor's Manual:
    - Read Chapter 8, Preschool Aquatics.
    - Review Stroke Performance Charts, Breaststroke.
- Swimming and Water Safety:
  - Read Chapter 4, Understanding Hydrodynamic Principles.
  - Read Chapter 5, Basic Aquatic Skills.
  - Read the Breaststroke Section of Chapter 6, Basic Swimming Strokes.
- Assign instructor candidate(s) to present the review of this in-person lesson at the beginning of the next in-person lesson.

### **Class 4 Wrap up**

- Complete Round 5 of the online simulation.
- Assign instructor candidate(s) to present the review of this online simulation round at the beginning of the next in-person session.
- Reading assignments:
  - Water Safety Instructor's Manual:
    - Read Chapter 9, Learn-to-Swim.

- Read the School-Age Children section of Chapter 5, Teaching People of Different Ages.
- Review Stroke Performance Charts, Butterfly
- Swimming and Water Safety Manual:
  - Read the Butterfly section of Chapter 6, Basic Swimming Strokes.
- Prepare for Practice Teaching 1
  - Student 1 - Back float and recover to a vertical position – PSA 1
  - Student 2 - Combined arm and leg actions on back – PSA 1
  - Student 3 - Recognizing the lifeguards – PSA 1
  - Student 4 - Front float and recover to a vertical position – LTS 1
  - Student 5 - Combined arm and leg actions on front -LTS 1
  - Student 6 - Alternating leg action on front – LTS 1
  - Student 7 – Front Glide – PSA 2
  - Student 8 – Roll from front to back – LTS 2
  - Student 9 – Finning arm action on back – LTS 2
  - Student 10 - Jellyfish Float – LTS 2

### **Class 5 Wrap up**

- Complete Round 6 of the online simulation.
- Assign instructor candidate(s) to present the review of the next online simulation round at the beginning of the next in-person lesson.
- Reading assignments:
  - Water Safety Instructor’s Manual:
  - Read Chapter 9, Level 5 and Level 6 Stroke Performance Charts.
  - Read Chapter 6, Teaching People Who Move, Learn, Communicate or Behave Differently. ● Review Stroke Performance Charts, Elementary Backstroke.
- Swimming and Water Safety:
  - Read the Elementary Backstroke Section of Chapter 6, Basic Swimming Strokes.
  - Read Chapter 9, Aquatics for People with Disabilities or Health Conditions.
- Prepare for Practice Teaching 2
  - Student 1 - Fully submerging and holding breath – PSA 3
  - Student 2 – Back glide – PSA 3

- Student 3 – Treading arm and leg actions – PSA 3
- Student 4 – Changing direction of travel while swimming on the front or back (teaching front and back) – PSA 3
- Student 5 – Too Much Sun is No Fun – PSA 3
- Student 6 – Headfirst entry from the side in a sitting position – LTS 3
- Student 7 – Front Crawl – LTS 3
- Student 8 – Elementary Backstroke – LTS 3
- Student 9 – Push off in a streamlined position then begin dolphin kicking – LTS 3
- Student 10 – Exit skill assessment – LTS 3

### **Class 6 Wrap up**

- Complete Round 7 of the online simulation.
- Reading assignments:
  - Water Safety Instructor’s Manual:
  - Review Learn-to-Swim Level 6—Fundamentals of Diving section of Chapter 9, Learn-to-Swim. Review Stroke Performance Charts, Sidestroke.
- Swimming and Water Safety:
  - Read Chapter 7, Entries, Starts and Turns.
  - Read the Sidestroke Section of Chapter 6, Basic Swimming Strokes.
  - Prepare for Practice Teaching 3
  - Student 1 – Survival Swimming – LTS4
  - Student 2 – Feet first surface dive – LTS 4
  - Student 3 – Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary) – LTS 4
  - Student 4 – Sidestroke – LTS 4
  - Student 5 – Think So You Don’t Sink – LTS 4
  - Student 6 – Exit Skills Assessment – LTS 4
  - Student 7 – Front Flip Turn while swimming – LTS 5
  - Student 8 – Tuck surface dive and pike surface dive – LTS 5
  - Student 9 – Back crawl open turn – Adult Swim
- Student 10 – Breaststroke – Adult Swim
- Practice-Teaching Assignment 3 for half the class. The other half will conduct their assignments in Lesson 8.

## Class 7 Wrap up

- Complete Round 8 of the online simulation.
- Reading assignments:
  - Water Safety Instructor's Manual:
    - Read the Adults Section of Chapter 5, Teaching People of Different Ages.
  - Swimming and Water Safety:
    - Review Chapter 9, Aquatics for People with Disabilities or Health Conditions.
    - Read Chapter 8, Diving.
- Review Longfellow's WHALE Tales K-6 Educational Packet.
- Mini Lesson Assignment
  - Front Crawl – Student 1
  - Back Crawl – Student 2
  - Breaststroke – Student 3 and 4
- expected to prepare a mini-lesson plan for a teaching activity, drill or game specific to their assigned stroke. Use the resources on the Instructor Candidate Resources section of the Red Cross Learning Center or any other swimming reference. The plan should be in writing and should include relevant information, such as class organization, safety considerations, a brief description of the activity and key cue words or question trees. You will lead the activity, drill or game in the next lesson, and it should last about 5 minutes.
- IT Appendix J for Conditions and Circumstances for Practice Teaching 4

Fold up the pieces of paper and place them in something from which instructor candidates can select, such as a swim cap or bowl. Have each candidate select a situation. Inform them that in practice teaching assignment 4, they will have to be prepared to make accommodations for the condition or circumstance. Instruct them to review their lesson plan to determine what accommodations need to occur.

## Class 8 Wrap up

- Complete Round 9 of the online simulation.
- Reading assignments:
  - Water Safety Instructor's Manual:
    - Review Chapter 1, General Program Administration.
    - Read Chapter 12, Recognizing and Rewarding Achievement.
- Prepare for Practice Teaching 4

- Student 1 – Shallow angle dive – LTS 5
- Student 2 – Standard (Back) scull – LTS5
- Student 3 – How to call for help, and the importance of knowing first aid and CPR – LTS 5
- Student 4 – Reach or Throw, Don't Go – LTS 5
- Student 5 – Breaststroke Turn – LTS 6
- Student 6 – HELP position – LTS 6
- Student 7 – Diving from poolside progressions (kneeling, forward dive fall-in and standing dive) – LTS 6
- Student 8 – Calculating target heart rate – LTS 6
- Student 9 – Takeoff on dec (one-part and two-part takeoff) – LTS 6
- Student 10 – Backstroke flip turn while swimming – Adult Swim
- Mini Lesson Assignment
  - Butterfly – Student 5 and 9
  - Elementary Back stroke – Student 6 and 10
  - Side stroke – Student 7 and 8
- expected to prepare a mini-lesson plan for a teaching activity, drill or game specific to their assigned stroke. Use the resources on the Instructor Candidate Resources section of the Red Cross Learning Center or any other swimming reference. The plan should be in writing and should include relevant information, such as class organization, safety considerations, a brief description of the activity and key cue words or question trees. You will lead the activity, drill or game in the next lesson, and it should last about 5 minutes.
- Present Practice Teach 4 with special accommodations.

### **Class 9 Warp up**

#### **Review**

### **Class 10 final exam**