

Objective

By the end of this lesson, the student will understand the basics of swimming, including safety tips, different strokes, and how to float. They will also gain confidence in their swimming abilities and learn to enjoy the water!

Materials and Prep

- Swimsuit
- Towel
- Water (pool, lake, or safe body of water)
- Sunscreen (if outdoors)
- Swim goggles (optional)

Before starting the lesson, ensure the swimming area is safe and supervised. Discuss basic water safety rules with the student, such as never swimming alone and staying in shallow water until they are comfortable.

Activities

- **Water Safety Talk:**

Begin by discussing why water safety is important. Talk about things like always swimming with a buddy and what to do if they feel scared in the water.

- **Floating Fun:**

Show the student how to float on their back. Encourage them to relax and feel the support of the water. Make it a game by seeing who can float the longest!

- **Stroke Practice:**

Introduce basic swimming strokes such as the dog paddle and backstroke. Use fun phrases like "swim like a dog!" to make it enjoyable.

- **Bubble Blowing:**

Practice blowing bubbles in the water. This helps the student get comfortable with putting their face in the water and is a fun way to start learning how to breathe while swimming!

- **Swim Race:**

End the lesson with a friendly swim race. Use a fun countdown and cheer for the student to make it exciting!

Talking Points

- "Why is it important to always swim with a buddy?"
- "Can you show me how to float? Remember to relax and let the water hold you!"

- "How do we swim like a dog? Let's paddle our arms and kick our legs!"
- "What do you do if you feel scared in the water? It's okay to ask for help!"
- "Let's practice blowing bubbles! Can you make the biggest bubbles?"
- "Are you ready for a swim race? On your mark, get set, go!"
- "How did you feel today? Swimming is so much fun, right?"