

#207 – Swim Lesson Plan Package  
Level II Lesson Plan  
*Day 1- Water Orientation*



Skills Taught

**Kicking**

- ABC song
- Kicks on Steps, Prone Position on Back

**Ring Games- Submersion**

- Talk to the Fishes
- Deep Sa Diving



**Back Float**

- Twinkle, Twinkle Little Star



**Submersion and Kick**

- Drive Our Cars
- Racing Cars

**Paddle Stroke**

- Peanut Butter & Jelly (arms)
- With a Barbell

**Prone Glide**

- Superman-with Kick and Without

**EQUIPMENT USED**

Rings and Barbells

