

Curriculum Map for NES Lessons

Lesson 1	Rules, Screening, & Observation	
Lesson 2	Air Exchange & Safety Bobs	
Lesson 3	Glides & Flutter Kick	
Lesson 4	Back Float & Stroke	
Lesson 5	Treading & Surface Dives	Repeat: Air Exchange, Glides, & Float
Lesson 6	Elementary Backstroke	Repeat: Air Exchange, Glides, & Float, Treading & Surface Dives
Lesson 7	Breaststroke	Repeat: Air Exchange, Glides, & Float, Treading & Surface Dives
Lesson 8	Jumps & Dives	Repeat: Air Exchange, Glides, & Float, Treading & Surface Dives
Lesson 9	Rescue & Boats	*Show off skills levels checklist
Lesson 10	Lifejackets	*Show off skills levels checklist
Lesson 11	Celebrate!	*Show off skills levels checklist



Air Exchange

Emerging	Developing	Mastering
<p><u>ON DECK</u></p> <ol style="list-style-type: none"> 1. Get supplies 2. Meet teacher 3. Streamline stretch 4. "Sure I'll try that!" 5. Positions Intro on Demonstration: Safety, listening, ready <p><u>WARM UP</u></p> <ol style="list-style-type: none"> 1. Air Exchange: Hum bubbles @ wall and bob <p><u>LESSON</u></p> <p>*I do. We do. You do.</p> <ul style="list-style-type: none"> - Bubble, bubble, breathe - Blow out birthday candles - Wall kick w/ breath <p>GAME/FREE TIME</p>	<p><u>ON DECK</u></p> <ol style="list-style-type: none"> 1. Get supplies 2. Meet teacher 3. Streamline stretch 4. "Sure I'll try that!" 5. Positions Intro on Demonstration: Safety, listening, ready <p><u>WARM UP</u></p> <ol style="list-style-type: none"> 1. Air Exchange: Hum bubbles @ wall and bob 2. Float/Tread: Hum bubbles with float <p><u>LESSON</u></p> <p>*I do. We do. You do.</p> <ul style="list-style-type: none"> - Bubble, bubble, breathe - Blow out birthday candles - Wall kick w/ breath <p>GAME/FREE TIME</p>	<p><u>ON DECK</u></p> <ol style="list-style-type: none"> 1. Get supplies 2. Meet teacher 3. Streamline stretch 4. "Sure I'll try that!" 5. Positions Intro on Demonstration: Safety, listening, ready <p><u>WARM UP</u></p> <ol style="list-style-type: none"> 1. Air Exchange: Hum bubbles @ wall & bob, Hum bubbles with Bobs to Safety 2. Flutter Kick: Hum bubbles w/glide using kickboard <p><u>LESSON</u></p> <p>*I do. We do. You do.</p> <ul style="list-style-type: none"> - Blow out birthday candles w/partner - Wall kick w/ breath - Roll over Rover! I on stomach – T on back @ wall or with glide <p>GAME/FREE TIME</p>





Day 2 Air Exchange – Littles / Level 1 & 2

Skill: Air exchange

Objective: 1. Students will be able to find their safe spot on the wall, move back and forth around the pool edge, and crawl out. 2. Students will be able to hold their breath above water, exhale through their nose, and blow bubbles in the water with their mouth.

Activities:

1. Sit at edge of pool and say “Sure. I’ll try that!”
2. Streamline stretch
3. Hold breath ABOVE water
 - a. Demonstrate, practice, refine
4. Blow air out of nose ABOVE water
 - a. Demonstrate, practice, refine
5. Blow bubbles from mouth AT SURFACE OF water
 - a. Demonstrate then kids lower into Tree Frog
 - b. Move from kid-to-kid practicing blowing surface bubbles at the duck
6. Do Bunny Hops down the wall both directions
7. Repeat steps 3 – 6 if time
8. Do Crab Crawl out of the water and sit on deck



9. Free time

1.1 How to teach kids to hold their breath above water

Start teaching your child about *breath control* by having them hold their breath ABOVE the water. You don't even need to be at the pool—*this lesson can happen anywhere!*

Show them yourself by taking a big, exaggerated breath in, and then hold your breath letting your cheeks puff out so they can visually see that you're holding air inside your mouth/body. (Feel free to be silly or goofy with this! Make learning breath control a *fun* bonding experience.)

Kids are usually able to copy this, but they *almost always* continue to breathe through their nose while their mouth is closed and their cheeks are puffed out.

So, make sure you put your finger *under their nose* to feel for air. If you feel air coming from their nose, gently pinch their nose closed with your fingers and remind them to hold all the air inside their body.

Pinching their nose closed may cause them to open their mouth to breathe. This is because they're not used to holding their breath! Just remind them to keep their mouth closed so the air doesn't escape. (You can even make a game out of it... "*Keep that silly air inside and don't let him escape!*" "*Uh oh... he's escaping, keep him inside!*")

It may take some time for your kid to understand the concept of holding their breath, *and that's ok!* Work through this exercise a few times each day until they are able to hold their breath for at least 5 seconds.

1.2 Teach your child to blow air out of their nose ABOVE water

It's inevitable that, at some point during your child's life, water will go up their nose. (Think back to when you were a kid... yep, *it happens.*)

So, it's good to teach your kid how to blow air out of their nose (just like they were blowing their nose into a tissue)—this way, if water ever does go up their nose, they can simply blow it out. Also, swimmers breathe by blowing air bubbles out of their nose and breathing air in through their mouths, so this lesson will be good for the future as well.



Show your child how *you* blow air out of your nose (out of the water—*this can be done anywhere!*) by keeping your mouth closed and blowing hard from your nose. Exaggerate it a bit for effect. Have them practice until they are able to do it.

Don't have your child blow bubbles from their nose in the water yet until they are first comfortable with putting their head under water (which is taught in a later step).

1.3 How to teach kids to blow bubbles from their mouth at the surface of the water

The *easiest and most fun* way I've found to teach young children to blow air out of their mouths is to buy a bottle of soap bubbles and practice blowing bubbles that way first.

Once they're good at blowing soap bubbles, move on to teaching your child how to blow bubbles at the surface of the water either during bath time or at the pool.

Take a big, exaggerated breath in, and then start blowing air out of your mouth as you lower your head to the water surface. As you lower your head to the water, they'll see the air starts to form bubbles in the water (just like it did with the soap bubbles).

You may have to show your child a few times before they feel confident to try. Then, gently encourage them to try it. You can make a game out of this by putting a floating rubber duck (or other toy) in the water and blowing bubbles next to the duck to get it to move.



Day 2 Air Exchange – Level 3 & 4

Skill: Air exchange – How to Breathe Freestyle Swim AKA Side Breathing

Objective: 1. Students will be able to demonstrate their understanding of side breathing by doing roll-over breaths.

Activities:

1. Sit at edge of pool and say “Sure. I’ll try that!”
2. Streamline stretch
3. 2 hands lower into pool & do bobs at wall
4. Keep your face angled down towards the bottom of the pool, neck elongated as you SLOWLY exhale through your nose (or mouth if they want)
5. When you need to breathe, roll from your belly to your back, arms go from streamline on your belly to a “T” on your back.
6. Inhale through your mouth
7. Roll back to your belly and repeat steps 4 – 7 at least five times
8. If students master the roll-over breathing technique, move on to introducing side breathing



9. As you pull your arm through the water of a stroke, turn your head to one side, with your mouth clearing the water. Inhale normally through your mouth.
10. Return your face down and exhale as you pull your second arm through and prepare to turn your head to that side. Repeat the inhale.
11. Continue alternating which side you breathe on with each arm cycle.
12. Start by breathing every three strokes, then progress once every two strokes when this feels smooth.
- 13. Two important tips:**
 - a. Don't lift your head; just turn to the side.
 - b. Avoid holding your breath, maintaining a constant rhythm of inhaling and exhaling.



Day 2 Air Exchange – Level 5 & 6

Skill: Air exchange – How to Breathe Freestyle Swim AKA Side Breathing

Objective: 1. Students will be able to demonstrate their understanding on side breathing by swimming freestyle and breathing on their left or right side while keeping their head sideways.

Activities:

1. Sit at edge of pool and say “Sure. I’ll try that!”
2. Streamline stretch
3. 2 hands lower into pool & do bobs at wall
4. If needed...do roll-over breathing as warm-up (Air Exchange Lesson – Levels 3 & 4)
5. Get into Ready Position and push off to glide before you pull your arm through the water of a stroke, turn your head to one side, with your mouth clearing the water. Inhale normally through your mouth.
6. Return your face down and exhale as you pull your second arm through and prepare to turn your head to that side. Repeat the inhale.



7. Continue alternating which side you breathe on with each arm cycle.

8. Start by breathing every three strokes, then progress to once every two strokes when this feels smooth.

9. Advanced options

a. **Breathe Every 5 Strokes**

Take your side breathing to the next level by waiting five full strokes before breathing to increase your lung capacity.

b. **Breathe to Both Sides**

Alternate the side you breathe on with each lap to keep your body balanced and prevent muscle imbalances.

c. **Breathe on Specific Strokes**

Inhale timing varies in different strokes.

- i. **Freestyle:** Breathe every 2-3 strokes
- ii. **Backstroke:** Inhale as one arm enters the water (e.g. only breathe when the right arm enters the water)
- iii. **Breaststroke:** Inhale during the recovery phase
- iv. **Butterfly:** Inhale at the end of each stroke cycle