



## *Tupelo Parks & Recreation SafeSplash*



Course objective: teach water proficiency and safety in, on and around the water.

Course description: consists of 3 levels of SafeSplash. This will help swimmers of all abilities develop their swimming and water safety skills.

Turtle & Turtle Shiny  
Seal & Seal Shiny  
Dolphin & Dolphin Shiny

Tupelo Parks & Recreation's SafeSplash meets TPSD, State and PE National Standards by the following:

1. Maintaining good health & healthy lifestyle
2. Engaging in physical activity
3. Building positive social relationships
4. Working and learning in teams
5. Acquiring self knowledge
6. Learning with peers

P.E staff and certified swim staff will place students in levels based on pre-test given at beginning of swimming session.

Turtles- Focuses on the development of water safety, confidence, flotation, and intro to swimming in an environment that facilitates fun and enjoyment.

Seals- Focus on development of multiple stroke cycles and techniques.

Dolphins- Focus on further development of independent mobility and propulsion, coordination of kicking and armstrokes, intro to side breathing.

### **Requirement**

Second-grade students starting 2010-2011 are being offered swimming as part of physical education.

### **Dress Code**

- Female: Appropriately fitted bathing suit, suitable for physical activity. One piece suits are suggested.
- Male: Appropriate fitted swim trunks, suitable for physical activity
- T-shirts: After parental request and pre-approval, a swimmer may wear an appropriate T-shirt over a bathing suit that meets the dress code.

- Final note: Any modifications to the above swimming dress code must be preapproved by the P.E. supervisor or the principal. Goggles and bathing caps will not be supplied. Long hair must be tied back.

**Showering**

- Mississippi state health code states that all bathers should shower before they enter the water. The P.E. staff will provide ample time to shower before and after class.

**Swimming pre-test evaluation**

Name:	Leave blank
Date:	Placement level by certified staff:

**TURTLE**

- Uncomfortable under or near the water

**SEAL**

- Comfortable under water but can't swim

**DOLPHIN**

- Swims easily for 20 yards of any stroke

## **TURTLE – Introduction to Water Skills**

### **Goal:**

- To help students feel comfortable in the water and to enjoy the water safely

### **Prerequisites:**

- NONE

### **Learning objectives:**

- Enter and exit the water safely using a ladder, steps or side of the pool
- Submerge mouth, nose and eyes
- Exhale underwater (blow bubbles) through mouth and nose (5 seconds)
- Open eyes underwater, pick up a submerged object held at arm's length (2 times)
- Show comfort maintaining a front float position, while supported; face may be in or out of water (5 seconds)
- Recover from a front float to a standing position while supported
- Change direction of travel while walking or paddling
- Roll over from front to back while supported
- Roll over from back to front while supported
- Explore arm and hand movements while treading in chest-deep water with support
- Swim on front using any combination of arm and leg actions while supported (5 feet)
- Swim on back using any combination of arm and leg actions while supported (5 feet)
- Discuss water safety rules
- Discuss how to recognize a swimmer in distress
- Demonstrate how to get help
- Move in the water while wearing a lifejacket

### **Assessment:**

#### ***Successfully complete the following exit skills assessment:***

- Enter water unassisted, move 5 yards, bob 5 times to chin level and safely exit the water (participants can walk, travel along the gutter or swim)
- Float on front with support, roll over onto back (with assistance), float on back with support

## **TURTLE SHINY – Fundamental Aquatic Skills**

### **Goal:**

- To provide students with opportunities for success with fundamental skills

### **Prerequisites:**

- NONE

### **Learning objectives:**

- Enter water independently by jumping or stepping from the side
- Exit water independently using a ladder or side
- Submerge entire head (5 seconds)
- Blow bubbles, submerging head in rhythmic pattern (bobbing) (5 times)
- Open eyes underwater, pick up a submerged object in shallow water (3 times)
- Show comfort maintaining a front float position with face in water (5 seconds)
- Recover from a front float to a standing position
- Demonstrate a front glide (2 body lengths)
- Float in a face-down position (jellyfish float) (5 seconds)
- Show comfort maintaining a back float position (5 seconds)
- Recover from a back float to a standing position while unsupported
- Demonstrate a back glide (2 body lengths)
- Change direction of travel while paddling on front or back
- Roll over from front to back
- Roll over from back to front
- Tread water, using arm and leg motions, in chest-deep water
- Swim on front using any combination of arm and leg actions while unsupported (15 feet)
- Swim on back using any combination of arm and leg actions (15 feet)
- Swim on side using an alternating or simultaneous leg action (5 feet)
- Discuss water safety rules
- Discuss how to recognize swimmer in distress
- Demonstrate how to get help

### **Assessment:**

#### ***Successfully complete the following exit skills assessment:***

1. Step from the pool side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move into a back float for 5 seconds and return to a standing position.
2. Push off and swim using a combination of arm and leg movements for 15 feet on the front, push off and swim using a combination of arm movement for 15 feet on the back.

## **SEAL – Stroke Development**

### **Goal:**

- To build on the skills for Turtles by providing additional guided practice

### **Prerequisites:**

- Demonstrate all completion requirements for Turtles

### **Learning objectives:**

- Jump into deep water from the side
- Demonstrate a head-first entry from the side in a sitting or kneeling position
- Submerge and retrieve an object (independently) from chest-deep water (3 seconds)
- Bob with head fully submerged, in chest-deep water (5 times)
- Demonstrate rotary breathing with body in a horizontal position (5 times)
- Demonstrate a front glide using 2 different kicks (2 body lengths)
- Demonstrate a survival float in deep water (15 seconds)
- Demonstrate a back glide using 2 different kicks (2 body lengths)
- Demonstrate a back float in deep water (15 seconds)
- Change from a vertical to a horizontal position on front
- Change from a vertical to a horizontal position back
- Tread in deep water, using hand and leg movements (15 seconds)
- Demonstrate each stroke
  - ❖ Front crawl/Freestyle (15 yards)
  - ❖ Back crawl/backstroke(15 yards)
- Discuss general water safety rules
- Demonstrate a reaching assist
- Discuss Check-Call-Care

### **Assessment:**

#### ***Successfully complete the following exit skills assessment:***

- Jump into chest-deep water from side, swim front crawl for 15 yards with face in the water and rhythmically breathing pattern (to front or side), maintain position by treading or floating for 15 seconds and swim back crawl for 15 yards.

## **SEAL SHINY – Stroke Improvement**

### **Goal:**

- To build student confidence and performance of swimming strokes learned for Turtles and Seal by providing additional guided practice

### **Prerequisites:**

- Demonstrate all completion requirements for Turtles and Seals

### **Learning objectives:**

- Demonstrate a dive from a compact or stride or stride position on the side of the pool
- Swim underwater (3 body lengths)
- Demonstrate a feet-first surface dive and submerge completely
- Demonstrate a front glide using 2 different kicks (2 body lengths)
- Demonstrate a survival float in deep water (30 seconds)
- Demonstrate a back float in deep water (30 seconds)
- Demonstrate an open turn using any stroke on front and push off in a streamlined position
- Demonstrate an open turn using any stroke on back and push off in a streamlined position
- Tread water using a modified scissors, breaststroke or rotary kick and sculling arm motions (30 seconds)
- Demonstrate each stroke for the following distance
  - ❖ Front crawl/Freestyle (20 yards)
  - ❖ Back crawl/backstroke (20 yards)
  - ❖ Elementary backstroke – 15 yards
- Swim on side using scissor-like kick – 15 yards
- Discuss rules for safe diving

### **Assessment:**

#### ***Successfully complete the following exit skills assessment:***

1. Perform a feet-first entry into chest-deep water, swim front crawl for 20 yards, maintain position on back 30 seconds in deep water (floating or sculling), and swim elementary backstroke for 20 yards.
2. Tread water for 30 seconds, swim back crawl 20 yards.

## **DOLPHIN – Stroke Refinement**

### **Goal:**

- To build on the skills for Turtles and Seals by providing additional guided practice

### **Prerequisites:**

- Demonstrate all completion requirements for Seals

### **Learning objectives:**

- Demonstrate a shallow dive from the side in 6 feet or deeper water
- Demonstrate a shallow dive, glide two body lengths and begin any front stroke
- Demonstrate a tuck and pike surface dive, submerging completely
- Demonstrate a survival float (1 minute)
- Demonstrate a back float (1 minute)
- Tread water using two different kicks (scissors, modified breast, or rotary kick (2 minutes))
- Demonstrate each stroke for the following distance
  - ❖ Front crawl/Freestyle – 25 yards
  - ❖ Back crawl/backstroke – 25yards
  - ❖ Elementary backstroke – 25 yards
  - ❖ Sidestroke – 25 yards
- Demonstrate survival swimming (2 minutes)

### **Assessment:**

#### ***Successfully complete the following exit skills assessment:***

1. Perform a shallow dive into deep water, swim front crawl for 25 yards, maintain a back float position for 1 minute in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Tread water for 1 minute and swim back crawl for 25 yards.

## **DOLPHIN SHINY – Fitness Swimmer**

### **Goal:**

- Refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances

### **Prerequisites:**

- Demonstrate all completion requirements for Seals and Dolphins

### **Learning objectives:**

- Increase endurance while swimming the following strokes:
  - ❖ Front crawl/Freestyle – 50 yards
  - ❖ Back crawl/backstroke – 50 yards
  - ❖ Sidestroke – 50 yards
- Demonstrate the following turns while swimming:
  - ❖ Front crawl open turn
  - ❖ Backstroke open turn
  - ❖ Sidestroke open turn
- Demonstrate etiquette in fitness swimming

### **Assessment:**

#### ***Successfully complete the following exit skills assessment:***

1. Perform the SafeSplash 3 minute swim test and compare with pre-assessment results
2. Swim 4 lengths of pool using any stroke
3. Jump off diving board and swim to the side