

Learners Lesson Plan

1st Class (Pool)

Reaching Rescues

Throwing Rescue

Swim 25 Yards - - 2nd Class Requirement 8b

BSA Swimmers Test - - 1st Class Requirement 9b

Rescues Reaching/Throwing - 2nd Class Requirement 8c

Line Rescue - - - 1st Class Requirement 9c

Swimming Skills

2nd Class (Pool)

Swimming Skills

3rd Class (Pool)

Swimming Skills

4th Class (Pool)

Swimming Skills

5th Class (Lecture)

Safe Swim Defense - - 2nd Class Requirement 8a

Safety Afloat - - - 1st Class Requirement 9a

6th Class (Pool)

Reaching Rescues

Throwing Rescue

Swim 25 Yards - - 2nd Class Requirement 8b

BSA Swimmers Test - - 1st Class Requirement 9b

Rescues Reaching/Throwing - 2nd Class Requirement 8c

Line Rescue - - - 1st Class Requirement 9c

Swimming Skills

7th Class (Pool)

Swimming Skills

8th Class (Pool)

Swimming Skills

9th Class (Pool)

Swimming Skills

10th Class (Pool)

Swimming Skills

11th Class (Pool)

Reaching Rescues

Throwing Rescue

Swim 25 Yards - - 2nd Class Requirement 8b

BSA Swimmers Test - - 1st Class Requirement 9b

Rescues Reaching/Throwing - - 2nd Class Requirement 8c

Line Rescue - - - 1st Class Requirement 9c

Swimming Skills

12th Class (Lecture)

Safe Swim Defense - - 2nd Class Requirement 8a

Safety Afloat - - - 1st Class Requirement 9a

1st /2nd Class Requirement

1st/2nd Class Requirements are optional skills! These are only worked on if your scout needs to work on the requirements. If a scout needs signed off please make sure it is OK with the Scoutmaster before asking us to sign off of the requirements in the scout's book.

Swimming Skills

Swimming skills are worked on during all classes! We work on each stroke shooting for certain skills and test how far they can swim each stroke, unless requested to work on a particular stroke/skill! Strokes are taught in the order below. Some of the Practice Skills take more than one class!

Front Crawl - - - Practice Skill

Elementary Backstroke - Practice Skill

Sidestroke - - - Practice Skill

Breaststroke - - - Practice Skill

Backstroke - - - Practice Skill

Front Crawl

1. Able to open eyes and exhale under water.
2. Able to kick correctly using whole leg with a kick board.
3. Able to reach, catch, & push with face in the water.
4. Able to swim 50 feet with correct form.
5. Able to swim 100 feet with correct form.

Elementary Backstroke

1. Able to use arm motion.
2. Able to do the whip kick.
3. Able to use arms/legs with glide.
4. Able to swim 50 feet with correct form.
5. Able to swim 100 feet with correct form.

Sidestroke

1. Able to use arm motion.
2. Able to do the scissor kick.
3. Able to use arms/legs with glide/body position.
4. Able to swim 50 feet with correct form.
5. Able to swim 100 feet with correct form.

Breaststroke

1. Able to do the whip kick.
2. Able to use arm motion.
3. Able to use arms/legs with glide/breathing.
4. Able to swim 50 feet with correct form.
5. Able to swim 100 feet with correct form.

Backstroke

1. Able to float on back while using arm motion.
2. Able to kick correctly using whole leg.
3. Able to use arms/legs together.
4. Able to swim 50 feet with correct form.
5. Able to swim 100 feet with correct form.