



# Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

## Introductory Learn to Swim

K-3

### General Outcome A



Basic Skills:

Application of Basic Skills In:

Alternative Environment

### General Outcome B



Functional Fitness  
Well-being

### General Outcome C



### General Outcome D



Effort  
Safety  
Goal Setting/Personal Challenge

## Grade Specific Outcomes

### Activities Teaching Strategies:

Introductory Activity – Have all students sit at the edge of the pool. Review water safety rules discussed in class. Have all children splash themselves by kicking their feet.

Body – Slide into water and hold onto edge or stay close if they can stand up. Have all children attempt to blow bubbles either hanging onto edge or beside it. Repeat only put whole head in (get hair wet). Now try to touch hands to knees, then hands to feet. Now try to touch bottom. Count partners fingers under water by opening your eyes. Put rings on bottom to try to pick-up. Try to sit on the bottom. Try all together and sit in a circle.

Culminating Activity – Play “Ring around the Rosy” – who can blow bubbles the longest? Choose one child to do a special signal or act under water, who can guess who it is and what did he/she do? Change student each time.

### Assessment Strategies:

Personal Log – when students get back to class or on the bus, have children do a diary entry to record what they learned and what goal they set for themselves next day.

Younger students could draw a picture of what they learned today and another one of what they would like to learn next day.

### Equipment:

pool  
rings

### Resources:

### Adaptations:

There should be at least 1 instructor for every 10 students