

# Practice Teaching #1

## **Topics**

1. Swim with Clothes & PFD (Rookie Patrol #8)
2. Look & See (Rookie Patrol #14)
3. Rescue: Non-contact with buoyant aid (Ranger Patrol #18)
4. Entries (Star Patrol #1)
5. Eggbeater Kick (Star Patrol #4)
6. Swim with Clothes (Star Patrol #6)
7. Removal (Star Patrol #8)
8. Search (Star Patrol #9)
9. Rescue with towing aid (Star Patrol #18)
10. Rescue Drill #1 (Bronze Star #4)
11. Victim Recognition (Bronze Star #12)
12. Walk & Spot (Bronze Star #14)

## **Steps to Prepare Practice Teaching**

1. Find the skill in the award guide and read the whole page carefully
2. Look up the skill in your CLSM (Bronze Cross text) and see if it has any additional information
3. Make sure that you understand the skill well
4. Decide how you would introduce and teach the skill in a memorable way
5. Make sure that you are thinking of teaching the appropriate age group and swimming level (look in the award guides for this information)
6. Come up with an activity that will incorporate the skill
7. Look in the back of the award guide and in the instructor notes for ideas (don't be afraid to steal those ideas if you think they will work)
8. Think of things that kids might commonly do wrong with the skill (looking at the 'must sees' might help), and be prepared to give feedback
9. Re-read the award guide and make sure that you are teaching the skill exactly as it is described

## **Lesson Plan**

Please plan as if this was the first time you were introducing the skill to this class. You can plan your lesson for as long as you would need to teach the skill (could be more than 5 minutes), but you will only teach the first 5 minutes of your lesson.

Your plan must include at least:

1. Your name
2. The topic you are teaching (and level)
3. A description of what you plan to teach and how much time you think it would take
4. An explanation of your activity and how it works
5. A list of all materials that you plan to use (and either bring them, or make sure that we have them)
6. Your list of things that kids might commonly do wrong with the skill
7. Any other information you feel might be helpful
8. Make sure your lesson plan is readable