

Practice Teaching #3

Monday 6:30-8:00: Bronze Star with Bernice

Wednesday 6:00-7:30: Junior Lifeguarding with Justin

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| 1. Land Spinal | (Bronze Star #11) |
| 2. Victim Recognition | (Bronze Star #12) |
| 3. Walk & Spot | (Bronze Star #14) |
| 4. In-water Search | (Bronze Star #15) |
| 5. Rescue with a Partner | (Bronze Star #16) |
| 6. Rescue Non-Breathing | (Bronze Star #17) |

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
10. Make whatever lesson plan you might need to teach with. You don't have to hand this one in.

To Do:

1. Come early to the class if possible and introduce yourself to the instructor and what you have planned to teach
2. Ask for, and wear, a volunteer t-shirt while interacting with the class
3. Listen to the instructors directions on when you should teach your topic and for how long (each session should take about 5-10 minutes depending on the topic)
4. Discuss with the instructor what pool space you might need for your teaching session
5. Ensure that any materials you might need are ready to go ahead of time
6. If there are more than two of you doing a session, it may not be a good idea for you all to hover over the class. Let one person teach, and the others can observe from a distance
7. Feel free to stay once your teaching session is done and observe the class for awhile to see how the instructor teaches various topics
8. Make sure that you thank the instructor for the opportunity to teach, and ask them for any feedback if they have time
9. Write down *three* things that you learned from teaching the 'real' students or watching the 'real' instructor, and hand it in next class.
10. Again, make sure that you follow the directions of the instructor. Whatever they say goes.