**Beverly Hills High School**

**Floating Skills and movement**

**11:30-11:55** **Sea Horse** **Youth Group Level 2** **Sunday**

**Instructor:**

**SEASON/YEAR:**

**BEGINNING DATE:**

**ENDING DATE:**

| | PARTICIPANTS NAME | ATTENDANCE | | | | | | | | SKILLS | | | | | | Extra | | | PASS Y/N |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | DAY 8 | FRONT FLOAT | BACK FLOAT | ROTATE FRONT TO BACK | ROTATE BACK TO FRONT | FRONT FLOAT + SL KICK | SL KICK 3 BODY LENGTHS | SL RIGHT ARM CATCH UP | SL LEFT ARM CATCH UP | CATCH-UP SWIM | |
| 1 | | | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | |
| 17 | | | | | | | | | | | | | | | | | | | |
| 18 | | | | | | | | | | | | | | | | | | | |
| 19 | | | | | | | | | | | | | | | | | | | |
| 20 | | | | | | | | | | | | | | | | | | | |

***Extra Time*** *Introduce arm strokes*

***Challenges*** *Introduce breathing*

*Introduce breastroke and/or butterfly*

## LESSON PROGRESSION EXAMPLE

### FRONT FLOAT

Face and head submersion

Mouth/Face in water-hold breat 3-10 seconds

Tuck chin into neck go into starfish float

*start with arms on wall

** move to unassisted float

### BACK FLOAT

Lift chin up, forehead back, lift hips above belly button

Starfish float on back

### SREAMLINE FRONT FLOAT

Balance body in starfish

Bring arms and legs together

*Keep chin tucked in and toes pointed

Add a flutter kick

### SREAMLINE BACK FLOAT

Balance body in starfish back float

Bring arms and legs together

*Keep chin/belly button lifted and toes pointed

Add a flutter kick

**Notes:**