



TERM BLOCK PLAN
DIAPER DOLPHIN 1



TOPICS	LESSONS											
	1	2	3	4	5	6	7	8	9	10	11	12
CUP CONDITIONING (Small cups, 3-5 Seconds)			☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
BACK FLOAT WITH ADULT'S SHOULDER SUPPORT								☐	☐	☐	☐	☐
PRE-SUBMERSION SKILLS (WATERING CAN)						☐	☐	☐	☐	☐		☐
SUBMERSION										☐	☐	☐

1. This is a rough summary of the skills to be taught on each lesson.
2. The skills are to be taught in a progressive manner, starting with dry drills, progressing into the water and finally with the toddler being able to do the whole skill that is required of them.
3. Lesson 6 is a mid-term test to ensure that the students are learning and that errors in swimming stroke are recognized.
4. Lesson 12 is the end-term test to determine whether the student is capable of progressing on to the next level or needs more time to practice at the same level.