



**TERM BLOCK PLAN**  
**DIAPER DOLPHIN 2**



| TOPICS                           | LESSONS |   |   |   |   |   |   |   |   |    |    |    |
|----------------------------------|---------|---|---|---|---|---|---|---|---|----|----|----|
|                                  | 1       | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| FRONT FLOAT WITH SUPPORT         |         | ☐ | ☐ | ☐ | ☐ | ☐ |   |   |   |    |    | ☐  |
| KICKING ACTIONS WITH SUPPORT     | ☐       | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |   |    |    | ☐  |
| LONGER BREATH CONTROL SUBMERSION |         |   |   |   |   | ☐ | ☐ | ☐ | ☐ | ☐  | ☐  | ☐  |
| GRIPPING ON PARENT'S T-SHIRT     |         |   |   |   |   |   |   |   | ☐ | ☐  | ☐  | ☐  |

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.