



TERM BLOCK PLAN
DIAPER DOLPHIN 5



TOPICS	LESSONS											
	1	2	3	4	5	6	7	8	9	10	11	12
PADDLING ACTIONS			☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
CLIMBING OUT FROM THE POOL WALL	☐	☐	☐	☐	☐	☐	☐	☐				☐
KICKING ACTION WITH AN AID	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
STANDING JUMP										☐	☐	☐
MASTER 1/4 AND 1/2 TURN INDEPENDENTLY	☐	☐	☐	☐	☐	☐	☐					☐

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.