American Red Cross

Longfellow's WHALE Tales

https://www.redcross.org/WHALETales

Physical Education - Grade Span: PreK-2

		Lesson 1: Do Your Part, Be Water Smart	Lesson 2: Swim as a Pair with a Lifeguard There	Lesson 3: First Look Around: Is the Scene Safe and Sound?	Lesson 4: Don't Just Pack It, Wear Your Life Jacket	Lesson 5: Play It Smart at Your Home, Pool or Park	Lesson 6: Wave, River or Tide, Water Smarts Are Your Guide	Lesson 7: Think So You Don't Sink	Lesson 8: Reach or Throw, Don't Go	Lesson 9: Stay Calm, Think It Through and You Can Know What to Do
Standard 1: Develops a variety of motor skills										
1.2.4	Demonstrates non-locomotor skills with the concepts of space, effort, and relationship awareness.	☐	☐	☐	☐	☐	☐	☐	☑	☐
1.2.9	Demonstrates throwing in a variety of non-dynamic practice tasks.	☐	☐	☐	☐	☐	☐	☐	☑	☐
1.2.17	Demonstrates water safety skills. If a pool facility is available demonstrates water safety and basic swimming skills.	☑	☑	☑	☑	☑	☑	☑	☑	☑
Standard 2: Applies knowledge related to movement and fitness concepts										
2.2.6	Identifies physical activities that contribute to fitness.	☐	☑	☐	☐	☐	☐	☐	☐	☐
2.2.12	Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills.	☑	☑	☑	☑	☑	☑	☑	☑	☑
Standard 3: Develops social skills through movement										
3.2.5	Demonstrates respectful behaviors that contribute to positive social interactions in movement.	☑	☑	☐	☐	☐	☐	☐	☑	☑
3.2.6	Describes why following rules is important for safety and fairness.	☑	☑	☑	☑	☑	☑	☐	☑	☐
3.2.7	Makes safe choices with physical education equipment.	☐	☐	☑	☑	☐	☐	☐	☑	☐
3.2.8	Discusses problems and solutions with teacher support in a physical activity setting.	☐	☐	☑	☐	☑	☑	☑	☑	☑
Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity										
4.2.9	Demonstrates techniques (e.g., breathing, counting) to assist with managing emotions and behaviors in a physical activity.	☐	☐	☐	☐	☐	☐	☑	☑	☑

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Physical Education - Grade Span: 3-5

		Lesson 1: Do Your Part, Be Water Smart	Lesson 2: Swim as a Pair with a Lifeguard There	Lesson 3: First Look Around: Is the Scene Safe and Sound?	Lesson 4: Don't Just Pack It, Wear Your Life Jacket	Lesson 5: Play It Smart at Your Home, Pool or Park	Lesson 6: Wave, River or Tide, Water Smarts Are Your Guide	Lesson 7: Think So You Don't Sink	Lesson 8: Reach or Throw, Don't Go	Lesson 9: Stay Calm, Think It Through and You Can Know What to Do
Standard 1: Develops a variety of motor skills										
1.5.10	Demonstrates throwing in a variety of practice tasks.	☐	☐	☐	☐	☐	☐	☐	☑	☐
1.5.22	Demonstrates water safety skills. If a pool facility is available, demonstrates water safety and basic swimming skills.	☑	☑	☑	☑	☑	☑	☑	☑	☑
Standard 2: Applies knowledge related to movement and fitness concepts										
2.5.1	Applies movement concepts and strategies for safe movement within dynamic environments.	☐	☐	☐	☐	☐	☐	☑	☑	☑
2.5.5	Demonstrates problem solving strategies in a variety of games/activities.	☐	☐	☐	☐	☐	☐	☑	☑	☑
2.5.18	Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills.	☑	☑	☑	☑	☑	☑	☑	☑	☑
Standard 3: Develops social skills through movement										
3.5.3	Demonstrates respectful behaviors that contribute to positive social interaction in group activities.	☑	☑	☐	☐	☐	☐	☐	☑	☑
3.5.4	Demonstrates safe behaviors independently with limited reminders.	☐	☐	☑	☐	☑	☑	☑	☑	☑
Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity										
4.5.9	Recognizes personally effective techniques that assist with managing one's emotions and behaviors in a physical activity setting.	☐	☐	☐	☐	☐	☐	☑	☑	☑

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Water Safety Presentations

https://www.redcross.org/teachwatersafety

Physical Education - Grade Span: 6-8

		Water Safety Today (2 hours)	General Water Safety (30 minutes)	Home Pool Safety (30 minutes)	Rip Current Safety (30 minutes)	Sun Safety (30 minutes)	Becoming an Ambassador for Water Safety (r.24) (30 minutes - Online Course)
Standard 1: Develops a variety of motor skills							
1.8.6	Demonstrates a correct rolling and throwing (underhand, sidearm, overhand) technique in a variety of practice tasks and modified target	☑	☐	☑	☐	☐	☐
1.8.20	Demonstrates water safety skills. If a pool facility, is available demonstrates water safety and basic swimming skills.	☑	☑	☑	☑	☐	☑
Standard 2: Applies knowledge related to movement and fitness concepts							
2.8.18	Analyzes skill performance by identifying critical elements	☑	☐	☑	☐	☐	☐
2.8.21	Demonstrates knowledge of safety protocols in teacher-selected outdoor activities.	☑	☐	☑	☑	☑	☐
2.8.22	Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills.	☑	☑	☑	☑	☐	☑
Standard 3: Develops social skills through movement							
3.8.6	Demonstrates the ability to follow game rules in a variety of physical activity situations.	☑	☐	☑	☑	☐	☐
Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity							
4.8.7	Examines opportunities and barriers to participating in physical activity outside of physical education class.	☑	☐	☑	☑	☐	☑

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Water Safety Presentations

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Physical Education - Grade Span: 9-12

		Water Safety Today (2 hours)	General Water Safety (30 minutes)	Home Pool Safety (30 minutes)	Rip Current Safety (30 minutes)	Sun Safety (30 minutes)	Becoming an Ambassador for Water Safety (r.24) (30 minutes - Online Course)
Standard 1: Develops a variety of motor skills							
1.12.9	Demonstrates water safety skills. If a pool facility is available, demonstrates water safety and basic swimming skills.	☑	☑	☑	☑	☐	☑
Standard 2: Applies knowledge related to movement and fitness concepts							
2.12.13	Applies movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill (e.g., overhand throw, back squat, archer).	☑	☐	☑	☐	☐	☐
2.12.17	Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills.	☑	☑	☑	☑	☐	☑
Standard 3: Develops social skills through movement							
3.12.6	Applies best practices for participating safely in physical activity (e.g., injury prevention, spacing, hydration, use of equipment, implementation of rules, sun protection).	☑	☐	☑	☑	☑	☐
Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity							
	None	☐	☐	☐	☐	☐	☐