Unit: Swimming Grade: First Level: 08

SHAPE- Swimming and swimming safety is not required within the Shape Standards. This unit is for those who need to meet state specific standards or want to teach additional content.
CASEL- Self-Awareness- Self-Confidence

Student Name	Bends at waist and extends arms fully out to each side.	Puts face in the water and brings body inline with the surface of the water.	Keeps gaze downward and muscles relaxed.	Notes/Observations/ Next Steps