

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

SWIMMING

PHYSICAL CORE

Version 2026.1



Safe at the Water

Learn how to stay safe near water, all on dry land.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has fit a life jacket and checked that it stays put.
- Has blown steady bubbles into a cup for breath control.
- Has held a prone float pose on a mat with controlled breathing.
- Knows the reach-throw-don't-go rule for helping someone in water.

📦 BRING / SET UP

- A properly sized life jacket for each Junior Saint
- A plastic cup half full of water for each youth (for the bubble drill)
- A tumbling mat or two folded blankets for the float-pose practice
- A pool noodle, a long towel, and a kickboard for the rescue drill
- A water bottle for each Junior Saint

FOR THE LEADER

This is a Junior Saints preview of the **Swimming** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

SAFE AT THE WATER (PAGE 1 OF 2)

THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one place he has seen water. Examples: a pool, a lake, the bathtub, the ocean. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Fit your life jacket**

⌚ 10 min

1. Hold up a life jacket. Point at the buckles, the zipper, and the loop on the front.
2. Put your life jacket on. Buckle every buckle. Zip the zipper.
3. Pull the loop on the front up toward your chin. It should not come past your ears.
4. If it slides past your ears, the jacket is too loose. Tighten the side straps.
5. Walk in a circle wearing the jacket. Sit down. Stand up. The jacket should stay put.
6. Teaching point: a life jacket only works if it fits. Check it every time.

BLOCK 3 · SKILL PRACTICE **Bubbles, float, and breath**

⌚ 12 min

1. Sit in a circle. Each youth gets a cup half full of water.
2. Put your mouth at the rim. Blow out slowly. Make a steady stream of bubbles.
3. Try for 5 seconds of steady bubbles. Then 10 seconds. Don't splash.
4. Now lie face down on the mat. Arms out front, legs straight. This is the prone float.
5. Turn your head to the side to breathe. Then back down. Slow and steady.
6. Teaching point: in the water, breath is the first thing to control. Slow out, then in.

BLOCK 4 · ROLEPLAY **Reach, throw, don't go**

⌚ 15 min

1. The rule for helping someone in trouble in the water: reach first, throw next, never go in yourself.
2. Pair up. One youth lies on the floor and pretends to be in the water and waving for help.
3. Reach drill: the partner kneels at the edge and stretches a pool noodle out to the victim.
4. Throw drill: the partner stands back and tosses a kickboard or rolled towel to the victim.
5. Don't-go rule: the partner says out loud, 'I will not jump in. I will get an adult.'
6. Switch roles. Each youth practices reach, throw, and the don't-go sentence.

SAFE AT THE WATER (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · PHYSICAL **Name the strokes**

⌚ 10 min

1. Stand up in a line. The leader names a stroke and shows the arm move.
2. Front crawl: one arm reaches forward, then pulls back along your side. Switch arms.
3. Breaststroke: both arms sweep out wide, then together in front. Like pushing water apart.
4. Backstroke: lie on the mat. One arm reaches over your head, then pulls down to your side.
5. Try each one ten times in the air or on the mat.
6. Teaching point: older Saints swim these in real water. You are learning the moves first.

BLOCK 6 · REFLECTION **Close — Stretch and cheer**

⌚ 8 min

1. Sit in a circle. The leader calls three stretches: arms, shoulders, back. Hold each for 10 seconds.
2. Drink water.
3. Each Junior Saint says: 'In the water I will __.' Just one safety rule.
4. Group cheer: 'Reach, throw, don't go!' Three times.
5. Homework: tell your parent the don't-go rule. Ask them to show you a life jacket at home.

AT THE CLOSE · DEBRIEF

1. Where does the loop on your life jacket go when it is fit right?
2. How long could you blow steady bubbles into your cup?
3. Say the rescue rule out loud one more time.

☑ *This is a Junior Saints preview session. No Swimming BRC requirements are earned here — the goal is to introduce the concepts the older Saints will work on.*

HANDOUT 1 OF 1

FROM SESSION — REACH, THROW, DON'T GO

Reach, Throw, Don't Go

Print and post so Junior Saints know what to do at the water.

SWIMMING · JUNIOR SAINTS CARD

Reach or throw. Never go in.

If someone is in trouble in the water, stay on the land.

1 Reach

Reach out with a pole, a branch, or your arm.

Stay on the land. Lie down so you don't slip in.

2 Throw

Throw something that floats out to them.

A pool noodle, a ball, or a rope with a float.

3 Don't go

Never jump in. You could be pulled under too.

Run and get a grown-up right away.

Help from the land. Never go in after someone.

Print this handout for in-person reference during the session.