



# swim start 1

lesson plans



## LEVEL ONE LESSON PLANS

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### Pre Assessment:

Learners must demonstrate the following skills before beginning Level One

- ✓ Enter the water safely
- ✓ Move independently from the poolside
- ✓ Submerge confidently

### Level One Learning Intention

To gain confidence and competence in the pool environment including submersion and breath control through the surface.

### Level One Learning Outcome

Learners should be able to consistently demonstrate the following criteria

- 1.1 Unassisted Entry
- 1.2 Move in the Water
- 1.3 Safe Exits
- 1.4 Submerge and Blow Bubbles
- 1.5 Pick up Objects Under Water

The following lesson plans are the recommended suggested programme for completing the Level One objectives. There will, of course be many variables that you as the teacher may need to take in to consideration. These can be all or some of the following:

- Teachers running lessons for 10 minutes may have to omit some activities whereas teachers with 30 minute lessons may need to be creative and add further activities which enhance or support the activities suggested.
- Whilst it is acceptable to extend students at any time, please do not expect big jumps to occur in learning. Repetition of activities is necessary to develop confidence.
- **Recommended group size:** 4 students, maximum 10 students.
- **Pool depth:** Between 0.6m to 1m max depending on height of student. No more than chest depth for the students!
- **Size of space:** No more than 5m radius from the teacher.
- We recommend pool helpers in the pool where possible.
- **Lesson duration:** 10mins to 30mins max.
- **Equipment:** where possible ensure that equipment is well maintained and used for the correct skill. Some smaller children may not have experienced the use of floatation aids before, and will need special attention on how best to use them.

**Risk Management considerations:**  
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Safety management plans for your programmes must include:

- Access to First Aid, CPR and rescue equipment/techniques.

**Special characteristics of this ability group:**

- **Learners will not know how to stand up until taught**, so be vigilant with supervision at all times.
- Goggles may encourage children to open eyes; however, goggle straps should be fitted at home and tested in the bath to ensure no leaks. When putting goggles on, they should be held on the eyes with one hand and the other hand used to slide the strap over the back of the head.

**Always reinforce good practice with positive comments!**

**If these plans are not clear, please call your local REM!**

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**ALWAYS REMEMBER THE FOUNDATION SKILLS**



**IN  
(Entry)**



**THROUGH  
(Balance)**



**UNDER  
(Bouyancy)**



**ON  
(Breathing)**

**ESSENTIAL SEQUENCING**

## LESSON 1

**Learning Outcome:** Introduction to movement within the pool, environment

### Success Criteria:

By the end of this lesson learners should be able to:

- Demonstrate two safe entry options specific to the environment
- Demonstrate one safe exit method
- Participate with enjoyment
- Move safely in the pool

### Equipment needed:

- None, although extra supervision to achieve a 1:4 ratio of supervisor to children is recommended.
- Ideally a supervisor positioned in the water.

Intro/Activity	Teaching Points	Organisation/Equipment
<b>Ladder Entry</b>	<ul style="list-style-type: none"> <li>• One step at a time, slowly</li> <li>• Face ladder, walk backwards</li> <li>• Hands remain in contact with ladder</li> <li>• Eyes watch feet</li> </ul>	<ul style="list-style-type: none"> <li>• Practise until confident</li> </ul>
<b>Pool Side on Stomach Entry</b>	<ul style="list-style-type: none"> <li>• Sit on side of pool</li> <li>• Turn over on to stomach, place both hands firmly on pool side</li> <li>• Slide down wall while feet feel for pool floor</li> <li>• Hands remain in contact with pool side</li> </ul>	<ul style="list-style-type: none"> <li>• Practise until confident</li> </ul>
Teaching progression	Teaching Points	Organisation/Equipment
<p><b>Monkey Crawl</b></p> <p><b>Movement at the wall two hands holding on</b></p> <ul style="list-style-type: none"> <li>• little steps .. big steps ...</li> <li>• hop</li> <li>• little jumps big jumps</li> <li>• high on tiptoes</li> <li>• low and crouching</li> <li>• making noises of animals or boats can assist in overcoming fears</li> </ul> <p><b>One hand holding on</b></p> <p><b>"Salmon Says"</b></p> <p>"Chin in the water"</p> <p>"Ear in the water"</p> <p>"Rain drops on your head"</p> <p>"Wash your face"</p> <p>"Turn around" etc</p>	<ul style="list-style-type: none"> <li>• Shoulders under water</li> <li>• Hold rail with relaxed grip</li> <li>• Feet on wall</li> </ul> <ul style="list-style-type: none"> <li>• Shoulders under water</li> <li>• Hold rail with both hands, relaxed grip</li> <li>• Feet on pool floor</li> </ul> <ul style="list-style-type: none"> <li>• Shoulders under water</li> <li>• Hold rail with one hand, relaxed grip</li> <li>• Feet on pool floor</li> </ul> <ul style="list-style-type: none"> <li>• Move with hands on head</li> <li>• Aeroplane, animals, boats etc (encourage children to make noises )</li> <li>• Watch the teacher</li> <li>• Follow the teacher</li> <li>• Relax, smile</li> <li>• Keep chins away from the wall</li> </ul>	<ul style="list-style-type: none"> <li>• Shallow to chest depth</li> <li>• Close to edge</li> <li>• Teacher demonstrate hand grip</li> </ul> <ul style="list-style-type: none"> <li>• Parallel and close to the wall</li> <li>• Include basic movement activities</li> <li>• Movement styles</li> </ul>
Game/Conclusion	Teaching Points	Equipment/Organisation
<b>Safe Exit using the ladder</b>	<ul style="list-style-type: none"> <li>• Slowly</li> <li>• Hold onto rails, while climbing the ladder</li> </ul>	<ul style="list-style-type: none"> <li>• One person at a time</li> </ul>

## LESSON 2

**Learning Outcome:** Familiarisation with the pool environment and introduction to skills in preparation for submersion

**Success Criteria:**

By the end of this lesson learners should be able to:

- Demonstrate safe entry and exit methods appropriate to the environment
- Participate with enjoyment
- Move safely in the pool
- Demonstrate confidence with water on face

**Equipment needed:**

- Small Plastic containers (e.g. plastic drinking cups) with holes poked in the bottom.
- Extra supervision to achieve a 1:4 ratio of supervisor to children is recommended.
- Ideally a supervisor positioned in the water.

Intro/Activity	Teaching Points	Organisation/Equipment
<b>Ladder entry</b>	<ul style="list-style-type: none"> <li>• One step at a time slowly</li> <li>• Face ladder, walk backwards</li> <li>• Hands remain in contact with ladder</li> <li>• Eyes watch feet</li> </ul>	<ul style="list-style-type: none"> <li>• Practise until confident</li> </ul>
<b>Revision from last lesson</b>	<b>Teaching Points</b>	<b>Organisation/Equipment</b>
<p><b>Monkey Crawl</b></p> <ul style="list-style-type: none"> <li>• Shoulders under</li> <li>• Hold rail with relaxed grip</li> <li>• Feet on wall</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulders under</li> <li>• Hold rail with relaxed grip both hands</li> <li>• Feet on pool floor</li> </ul>	<ul style="list-style-type: none"> <li>• Shallow to chest depth</li> <li>• Close to edge</li> <li>• Teacher demonstrate hand grip</li> </ul>
<p><b>Two hand wall movement</b></p> <ul style="list-style-type: none"> <li>• Little steps... big steps ...</li> <li>• Hopping</li> <li>• Bobbing</li> <li>• Little jumps...big jumps</li> <li>• High on tiptoes</li> <li>• Low and crouching</li> </ul>		
<p><b>One hand wall movement (as above)</b></p> <ul style="list-style-type: none"> <li>• Shoulders under</li> <li>• Hold rail with one hand, relaxed grip</li> <li>• Feet on pool floor</li> </ul>		
<p><b>Movement unassisted</b></p> <ul style="list-style-type: none"> <li>• Move with hands on head</li> <li>• Aeroplane, animals, boats etc</li> </ul>	<ul style="list-style-type: none"> <li>• Include basic movement activities</li> <li>• Movement styles</li> <li>• Parallel and close to the wall</li> <li>• (encourage children to make noises )</li> </ul>	
<b>Teaching progression</b>	<b>Teaching Points</b>	<b>Organisation/Equipment</b>
<p><b>"Salmon Says"</b></p> <p>"Submerge to your chin"</p> <p>"Be a kangaroo"</p> <p>"Blow on your hands"</p> <p>"Blow on the water"</p> <p>"Be a washing machine"</p>	<ul style="list-style-type: none"> <li>• Watch the teacher</li> <li>• Follow the teacher</li> <li>• Relax, smile</li> </ul>	<ul style="list-style-type: none"> <li>• Parallel and close to the wall</li> </ul>
<p><b>Elephants bathing</b></p> <ul style="list-style-type: none"> <li>• Cup water in your hands and throw over your own head and shoulders</li> </ul>	<ul style="list-style-type: none"> <li>• Hands on hips</li> </ul>	
<p><b>Watering cans</b></p> <ul style="list-style-type: none"> <li>• Sprinkle water gently over own hands, shoulders, hair and face</li> </ul>	<ul style="list-style-type: none"> <li>• Stand clear</li> <li>• Students <b>facing</b> teacher</li> </ul>	
<b>Game/Conclusion</b>	<b>Teaching Points</b>	<b>Equipment/Organisation</b>
<p><b>Safe Exit using the ladder</b></p> <ul style="list-style-type: none"> <li>• Slowly</li> <li>• Hold onto rails, while climbing the ladder</li> </ul>	<ul style="list-style-type: none"> <li>• One person at a time</li> </ul>	

### LESSON 3

**Learning Outcome:** Independent movement, development of skills in preparation for submersion and introduction to breath control

**Success Criteria:**

By the end of this lesson learners should be able to:

- Move independently across the pool
- Participate in activities with a partner
- Demonstrate blowing bubbles into the water

**Equipment needed:**

- Corks or ping pong balls
- Small Plastic containers (e.g. plastic drinking cups) with holes poked in the bottom.
- Extra supervision to achieve a 1:4 ratio of supervisor to children is recommended.
- Ideally a supervisor positioned in the water.

Intro/Activity	Teaching Points	Organisation/Equipment
<b>Ladder entry</b>	<ul style="list-style-type: none"> <li>• One step at a time slowly</li> <li>• Face ladder, walk backwards</li> <li>• Hands remain in contact with ladder</li> <li>• Eyes watch feet</li> </ul>	<ul style="list-style-type: none"> <li>• Practise until confident</li> </ul>
<b>Revision from last lesson</b>	<b>Teaching Points</b>	<b>Organisation/Equipment</b>
<b>One hand wall movement</b> <ul style="list-style-type: none"> <li>• Move without holding edge, using arms</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulders under</li> <li>• Hold rail with one hand, relaxed grip</li> <li>• Feet on pool floor</li> </ul>	<ul style="list-style-type: none"> <li>• Shallow to chest depth</li> <li>• Close to edge</li> </ul>
<b>Elephants bathing</b>	<ul style="list-style-type: none"> <li>• Cup water in your hands and throw over your own head and shoulders</li> </ul>	<ul style="list-style-type: none"> <li>• All students facing teacher</li> </ul>
<b>Watering cans</b>	<ul style="list-style-type: none"> <li>• Sprinkle water gently over own hands, shoulders, hair then face</li> </ul>	<ul style="list-style-type: none"> <li>• Use plastic cups with holes</li> </ul>
<b>Teaching progression</b>	<b>Teaching Points</b>	<b>Organisation/Equipment</b>
<b>Watering cans in pairs</b>	<ul style="list-style-type: none"> <li>• Sprinkle water gently over own hands, shoulders, hair and face</li> <li>• Sprinkle water gently over partners hands shoulders, hair</li> </ul>	<ul style="list-style-type: none"> <li>• Parallel and close to the wall</li> </ul>
<b>Blowing a cork or ping pong ball to a partner</b>	<ul style="list-style-type: none"> <li>• Shoulders under water</li> <li>• Move slowly</li> </ul>	<ul style="list-style-type: none"> <li>• With a partner</li> </ul>
<b>"Salmon Says" at the wall</b> "Chin in the water" "Ear in the water" "Wash your face" "Take a breath look at your toes under water" "Take a breath and try to hide under water"	<ul style="list-style-type: none"> <li>• Hold the side</li> <li>• Take a relaxed breath</li> <li>• Close mouth</li> <li>• Hold the wall</li> <li>• Where successful try with eyes open or for a count of 3,... 4,... 5...</li> </ul>	<ul style="list-style-type: none"> <li>• Whole group</li> </ul>
<b>Game/Conclusion</b>	<b>Teaching Points</b>	<b>Equipment/Organisation</b>
<b>Follow the leader around the pool space and Safe Exit using the ladder</b>	<ul style="list-style-type: none"> <li>• Move slowly</li> <li>• Make train actions and noises</li> <li>• Hold onto rails, while climbing the ladder</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage full use of designated space</li> </ul>

## LESSON 4

**Learning Outcome:** To further develop independent movement, and skills in preparation for submersion and breath control

**Success Criteria:**

By the end of this lesson learners should be able to:

- Move independently throughout the designated pool space
- Participate in activities with a partner
- Demonstrate blowing bubbles into the water
- Demonstrate breath control towards submersion

**Equipment needed:**

- Corks or ping pong balls
- Small Plastic containers (e.g. plastic drinking cups) with holes poked in the bottom.
- Extra supervision to achieve a 1:4 ratio of supervisor to children is recommended.
- Ideally a supervisor positioned in the water.

Intro/Activity	Teaching Points	Organisation/Equipment
<p><b>Ladder entry</b></p> <p><b>Washing machines</b></p>	<ul style="list-style-type: none"> <li>• One step at a time slowly</li> <li>• Face ladder, walk backwards</li> <li>• Hands remain in contact with ladder</li> <li>• Eyes watch feet</li> <li>• Hands on hips</li> <li>• Shoulders under</li> </ul>	<ul style="list-style-type: none"> <li>• Practise until confident</li> </ul>
Revision from last lesson	Teaching Points	Organisation/Equipment
<p><b>Monkey along the wall</b></p> <p><b>Elephants bathing</b></p> <p><b>Watering cans in pairs</b></p>	<ul style="list-style-type: none"> <li>• Hold the side</li> <li>• feet on the wall</li> <li>• Change directions</li> <li>• Cup water in your hands and throw over your own head and shoulders</li> <li>• Sprinkle water gently over own hands, shoulders, hair and face</li> <li>• Sprinkle water gently over partners hands, shoulders, hair and face</li> </ul>	<ul style="list-style-type: none"> <li>• All students facing teacher</li> <li>• Use plastic cups with holes</li> </ul>
Teaching progression	Teaching Points	Organisation/Equipment
<p><b>Independent movement blowing a cork or ping pong ball</b></p> <p><b>“Head shoulders knees and toes”(singing)</b></p> <p><b>“This is the way we”</b>                      ...walk across the pool                      ...turn around                      ...look at your toes underwater                      ...take a breathe and try to hide under water</p>	<ul style="list-style-type: none"> <li>• Shoulders under water</li> <li>• Move slowly</li> <li>• Change directions</li> <li>• Take a breath before touching toes</li> <li>• Take a relaxed breath</li> <li>• Close mouth when submerging</li> </ul>	<ul style="list-style-type: none"> <li>• Explore designated pool space</li> <li>• Stay close to the side</li> </ul>
Game/Conclusion	Teaching Points	Equipment/Organisation
<p><b>Follow the leader around the pool space and under the rainbow, to a Safe Exit using the ladder</b></p>	<ul style="list-style-type: none"> <li>• Move slowly</li> <li>• Make train actions and noises</li> <li>• hold onto rails, while climbing the ladder</li> </ul>	<ul style="list-style-type: none"> <li>• Under the rainbow could be a noodle and watering can/plastic cup or under the teachers arm with watering can</li> </ul>

## LESSON 5

**Learning Outcome:** To continue the focus on independent movement and submersion

**Success Criteria:**

By the end of this lesson learners should be able to:

- Demonstrate blowing bubbles into the water
- Demonstrate breath control towards submersion
- Demonstrate submersion at the side

**Equipment needed:**

- Corks or ping pong balls
- Extra supervision to achieve a 1:4 ratio of supervisor to children is recommended.
- Ideally a supervisor positioned in the water.

Intro/Activity	Teaching Points	Organisation/Equipment
<b>Ladder entry</b>	<ul style="list-style-type: none"> <li>• One step at a time slowly</li> <li>• Face ladder, walk backwards</li> <li>• Hands remain in contact with ladder</li> <li>• Eyes watch feet</li> </ul>	<ul style="list-style-type: none"> <li>• Practise until confident</li> </ul>
<b>Sing "Hokey Tokey" With actions</b>	<ul style="list-style-type: none"> <li>• Students to follow teacher's lead</li> </ul>	<ul style="list-style-type: none"> <li>• Make a circle with the whole group</li> </ul>
Revision from last lesson	Teaching Points	Organisation/Equipment
<b>Follow the leader</b>	<ul style="list-style-type: none"> <li>• Shoulders under water</li> </ul>	
<b>Trains</b>	<ul style="list-style-type: none"> <li>• Train arm actions</li> </ul>	
Teaching progression	Teaching Points	Organisation/Equipment
<b>Speed boat races across the pool</b>	<ul style="list-style-type: none"> <li>• Hands in front</li> <li>• Blow corks or ping pong balls</li> <li>• Blow bubbles</li> <li>• Chins on water</li> </ul>	<ul style="list-style-type: none"> <li>• Move across the designated area and return</li> </ul>
<b>Here, There, Where?</b>	<ul style="list-style-type: none"> <li>• "Here/there" move in direction pointed to by teacher</li> <li>• "Where" jump up and down</li> </ul>	<ul style="list-style-type: none"> <li>• Use designated pool space</li> </ul>
<b>See-saw at the rail</b>	<ul style="list-style-type: none"> <li>• Face your partner</li> <li>• Hold the rail with one hand</li> <li>• Bend your knees</li> <li>• Hold your breath</li> <li>• Alternate submerging partner A partner B</li> <li>• Take a relaxed breath</li> <li>• Close mouth when submerging</li> </ul>	
<b>See-saws with partners one step away from the wall</b>	<ul style="list-style-type: none"> <li>• Face your partner</li> <li>• Hold hands</li> <li>• Bend your knees</li> <li>• Hold your breath</li> <li>• Alternate submerging partner A partner B</li> <li>• Take a relaxed breath</li> <li>• Close mouth when submerging</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of less confident children being pulled off balance</li> </ul>
Game/Conclusion	Teaching Points	Equipment/Organisation
<b>"Ring a Rosie" finishing with: ".....all splash hand's" ".....all blow bubbles" ".....all hide under water"</b>	<ul style="list-style-type: none"> <li>• Take a breath before submerging</li> <li>• Use the ladder one step at a time</li> </ul>	<ul style="list-style-type: none"> <li>• In pairs then groups of up to four</li> </ul>
<b>Safe exit using the ladder</b>		



## LESSON 6

**Learning Outcome:** To focus on submersion and breath control

**Success Criteria:**

By the end of this lesson learners should be able to:

- Demonstrate an alternative entry method
- Demonstrate understanding of buoyancy
- Demonstrate relaxed breath control
- Demonstrate submersion away from the side

**Equipment needed:**

- Corks or ping pong balls
- Variety of small floating & sinking toys, e.g.: plastic animals, balls, sinking rings, sticks, discs
- Hoops
- Extra supervision to achieve a 1:4 ratio of supervisor to children is recommended.
- Ideally a supervisor positioned in the water.

Intro/Activity	Teaching Points	Organisation/Equipment
<p><b>Pool side on stomach</b></p> <p><b>“Ring a Rosie” finishing with:</b>            “.....all splash hand’s”            “.....all blow bubbles”            “.....all hide under water”</p>	<ul style="list-style-type: none"> <li>• Sit on side of pool</li> <li>• Turn over on to stomach, place both hands firmly on pool side</li> <li>• Slide down wall while feet feel for pool floor</li> <li>• Hands remain in contact with pool side</li> <li>• Take a big relaxed breath before submerging</li> </ul>	<ul style="list-style-type: none"> <li>• Take extreme care with raised edge pools</li> <li>• Practise until confident</li> <li>• Try in pairs then groups of up to four</li> <li>• Watch out for children off balance or less confident</li> </ul>
<p><b>Revision from last lesson</b></p> <p><b>Speed boat races across the pool</b></p> <p><b>See-saw at the rail</b></p> <p><b>See-saws with partners one step away from the wall</b></p>	<p><b>Teaching Points</b></p> <ul style="list-style-type: none"> <li>• Hands in front</li> <li>• Blow corks or ping pong balls</li> <li>• Blow bubbles</li> <li>• Chins on water</li> <li>• Face your partner</li> <li>• Hold the rail with one hand</li> <li>• Bend your knees</li> <li>• Hold your breath</li> <li>• Alternate submerging partner A partner B</li> <li>• Take a relaxed breathe</li> <li>• Close mouth when submerging</li> <li>• Face your partner</li> <li>• Hold hands</li> <li>• Bend your knees</li> <li>• Hold your breath</li> <li>• Alternate submerging partner A partner B</li> <li>• Take a relaxed breathe</li> <li>• Close mouth when submerging</li> </ul>	<p><b>Organisation/Equipment</b></p> <ul style="list-style-type: none"> <li>• Move across the designated area and return</li> <li>• Use designated pool space</li> <li>• Be aware of less confident children being pulled off balance</li> </ul>
<p><b>Teaching progression</b></p> <p><b>Retrieve floating and sinking objects</b></p> <p><b>Submerge with a partner</b>            Pull faces            Count fingers            Wave            Send signals            Shout            Blow bubbles</p>	<p><b>Teaching Points</b></p> <ul style="list-style-type: none"> <li>• “Why do some objects float?”</li> <li>• Big relaxed breathe</li> <li>• Look at your partner</li> </ul>	<p><b>Organisation/Equipment</b></p> <ul style="list-style-type: none"> <li>• Scatter a selection of floating and sinking objects and ask the group to retrieve them</li> <li>• Talk about what floats and sinks</li> <li>• Be aware of less confident children</li> <li>• Goggles may encourage children to open eyes, however, see notes on organisation</li> </ul>

<p><b>Polar Bears</b></p>	<ul style="list-style-type: none"> <li>• Submerge and pop-up in your hoop</li> <li>• Stand up and let water run off face</li> <li>• "Blink" water away</li> </ul>	<ul style="list-style-type: none"> <li>• Hoop on the water</li> <li>• Groups of two or three</li> <li>• Partner A holds hoop while Partner B submerges</li> </ul>
<p><b>Game/Conclusion</b></p>	<p><b>Teaching Points</b></p>	<p><b>Equipment/Organisation</b></p>
<p><b>Head Shoulders Knees and toes</b></p>	<ul style="list-style-type: none"> <li>• Take a relaxed breath before toes</li> </ul>	
<p><b>Safe exit using the ladder</b></p>	<ul style="list-style-type: none"> <li>• Use the ladder one step at a time</li> </ul>	

## LESSON 7

**Learning Outcome :** To focus on submersion and breath control

### Success Criteria:

By the end of this lesson learners should be able to:

- Demonstrate two different safe entry methods
- Complete at least three submersion activities in a relaxed and competent manner

### Equipment needed:

- Corks or ping pong balls
- Variety of small floating & sinking toys, eg: plastic animals, balls, sinking rings, sticks, discs
- Hoops
- Noodles
- Extra supervision to achieve a 1:4 ratio of supervisor to children is recommended.
- Ideally a supervisor positioned in the water.

Intro/Activity	Teaching Points	Organisation/Equipment
<p><b>Pool side on stomach</b></p> <p><b>Ladder entry</b></p> <p><b>Monkey crawl along the wall</b></p> <p><b>Make waves at the wall</b></p> <p><b>“Jack in a box” at the wall</b></p>	<ul style="list-style-type: none"> <li>• Sit on side of pool</li> <li>• Turn over onto stomach, place both hands firmly on pool side</li> <li>• Slide down wall while feet feel for pool floor</li> <li>• Hands remain in contact with pool side</li> <li>• One step at a time slowly</li> <li>• Face ladder, walk backwards</li> <li>• Hands remain in contact with ladder</li> <li>• Eyes watch feet</li> <li>• Shoulders under</li> <li>• Hold rail with relaxed grip</li> <li>• Feet on wall</li> <li>• Hold the bar/wall</li> <li>• Pull forward and back to make waves</li> <li>• Fast waves, slow waves</li> <li>• Hold the side</li> <li>• Submerge with a big relaxed breath</li> <li>• Bounce up through the surface</li> </ul>	<ul style="list-style-type: none"> <li>• Take extreme care with raised edged pools</li> <li>• Practise until confident</li> <li>• Practise until confident</li> </ul>
<p><b>Revision from last lesson</b></p> <p><b>See-saws with partners one step away from the wall</b></p> <p><b>Polar Bears</b></p> <p><b>Rainbows</b></p>	<p><b>Teaching Points</b></p> <ul style="list-style-type: none"> <li>• Face your partner</li> <li>• Hold hands</li> <li>• Bend your knees</li> <li>• Hold your breath</li> <li>• Alternate submerging partner A partner B</li> <li>• Take a relaxed breath</li> <li>• Close mouth when submerging</li> <li>• Submerge and pop-up in your hoop</li> <li>• Stand up and let water run off face</li> <li>• “Blink” water away</li> <li>• Blow bubbles under the rainbow</li> </ul>	<p><b>Organisation/Equipment</b></p> <ul style="list-style-type: none"> <li>• Move across the designated area and return</li> <li>• Be aware of less confident children being pulled off balance</li> <li>• Hoop on the water</li> <li>• Groups of two or three</li> <li>• Partner A holds hoop while partner B submerges</li> <li>• Under the rainbow could be a noodle or teachers arm</li> <li>• Adjust the height of the rainbow to challenge students</li> </ul>
<p><b>Teaching progression</b></p> <p><b>Retrieve floating and sinking objects</b></p>	<p><b>Teaching Points</b></p> <ul style="list-style-type: none"> <li>• “Why do some objects float?”</li> </ul>	<p><b>Organisation/Equipment</b></p> <ul style="list-style-type: none"> <li>• Scatter a selection of floating and sinking objects and ask the group to retrieve</li> <li>• Talk about what floats and sinks</li> </ul>

<p><b>Submerge with a partner</b>          Pull faces          Count fingers          Wave          Send signals          Shout          Blow bubbles  <b>Submerging challenges</b></p>	<ul style="list-style-type: none"> <li>• Big relaxed breath</li> <li>• Look at your partner</li>   <li>• Count 1-5</li> <li>• Kneel on the bottom</li> <li>• Sit on the bottom</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Be aware of less confident children and respond to their needs</b></li> <li>• Challenge children to extend their ability to be relaxed under water for longer counts</li> </ul>
<b>Game/Conclusion</b>	<b>Teaching Points</b>	<b>Equipment/Organisation</b>
<p><b>"Salmon says"</b>          "Sit on the bottom:          "under water and scream"          "under water and wave"          "jump up and down etc."    <b>Safe exit using the ladder</b></p>	<ul style="list-style-type: none"> <li>• Hold the side</li> <li>• Take a relaxed breath</li> <li>• Close mouth</li> <li>• Hold the wall</li> <li>• Where successful try with eyes open or for a count of 3,... 4,... 5...</li>   <li>• Use the ladder one step at a time</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Group</li>   <li>• One at a time</li> </ul>

## LESSON 8 - 10

**Learning Outcome:** To increase confidence with submersion and breath control activities. "We are learning to go underwater safely and to be relaxed"

### Success Criteria:

By the end of this lesson learners should be able to:

- Demonstrate a new exit method i.e. push and hook
- Complete at least three submersion activities in a relaxed, competent manner
- Demonstrate combinations of movement and submersion activities

### Equipment needed:

- Variety of small floating & sinking toys, e.g. plastic animals, balls, sinking rings, sticks, discs
- Hoops
- Extra supervision to achieve a 1:4 ratio of supervisor to children is recommended.
- Ideally a supervisor positioned in the water.

Intro/Activity	Teaching Points	Organisation/Equipment
<p><b>Pool side on stomach</b></p> <p><b>Ladder entry</b></p> <p><b>Make waves at the wall</b></p> <p><b>"Jack in a box" at the wall</b></p>	<ul style="list-style-type: none"> <li>• Sit on side of pool</li> <li>• Turn over on to stomach, place both hands firmly on pool side</li> <li>• Slide down wall while feet feel for pool floor</li> <li>• Hands remain in contact with pool side</li> <li>• One step at a time slowly</li> <li>• Face ladder, walk backwards</li> <li>• Hands remain in contact with ladder</li> <li>• Eyes watch feet</li> <li>• Hold the bar/wall</li> <li>• Pull forward and back to make waves</li> <li>• Fast waves, slow waves</li> <li>• Hold the side</li> <li>• Submerge with a big relaxed breath</li> <li>• Bounce up through the surface</li> </ul>	<ul style="list-style-type: none"> <li>• Take extreme care with raised edge pools</li> <li>• Practise until confident</li> <li>• Practise until confident</li> </ul>
Revision from last lesson	Teaching Points	Organisation/Equipment
<p><b>See-saws with partners one step away from the wall</b></p> <p><b>Polar Bears</b></p> <p><b>Rainbows</b></p>	<ul style="list-style-type: none"> <li>• Face your partner</li> <li>• Hold hands</li> <li>• Bend your knees</li> <li>• Hold your breath</li> <li>• Alternate submerging partner A partner B</li> <li>• Take a relaxed breath</li> <li>• Close mouth when submerging</li> <li>• Submerge and pop-up in your hoop</li> <li>• Stand up and let water run off face</li> <li>• "Blink" water away</li> <li>• Blow bubbles under the rainbow</li> </ul>	<ul style="list-style-type: none"> <li>• Move across the designated area and return</li> <li>• Use designated pool space</li> <li>• Be aware of less confident children being pulled off balance</li> <li>• Under the rainbow could be a noodle or teachers arm</li> <li>• Adjust the height of the rainbow to challenge students</li> </ul>
Teaching progression	Teaching Points	Organisation/Equipment
<p><b>"Salmon says"</b></p> <p>"Sit on the bottom: "under water and scream" "under water and wave" "jump up and down" Fetch all the toys</p>	<ul style="list-style-type: none"> <li>• Big relaxed breath</li> <li>• Look at your partner</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of less confident children and respond to their needs</li> </ul>

<p><b>Submerge with a partner</b> Pull faces Count fingers Wave Send signals Shout Blow bubbles</p> <p><b>Submerging challenges</b></p>	<ul style="list-style-type: none"> <li>• Big relaxed breath</li> <li>• Look at your partner</li> </ul> <p>Count 1-5 Kneel on the bottom Sit on the bottom</p>	<ul style="list-style-type: none"> <li>• Use a variety of floating &amp; sinking toys</li> <li>• Challenge children to extend their ability to be relaxed under water for longer counts</li> </ul>
<p><b>Game/Conclusion</b></p>	<p><b>Teaching Points</b></p>	<p><b>Equipment/Organisation</b></p>
<p><b>Push and Hook</b></p>	<ul style="list-style-type: none"> <li>• Push on hands and hook a knee over pool edge</li> </ul>	