



swim start 3

lesson plans



LEVEL THREE LESSON PLANS

Assistant Swim Teacher Award Manual Page 57-72

Pre Assessment:

Learners must demonstrate the following skills before beginning Level Three

- ✓ Streamlined glide and kick on front and back 5m
- ✓ Relaxed roll from back to front and front to back
- ✓ Demonstrate controlled Freestyle and Backstroke arm and leg action for at least 5m

Level Three Learning Intention

To develop Freestyle and Backstroke swimming skills and to introduce Breaststroke and increase Water Safety awareness

Level Three Learning Outcomes

Learners should be able to consistently demonstrate the following criteria:

- 3.1 Crouch and 1/4 Turn Entry
- 3.2 Float with Improvised Flotation Equipment
- 3.3 Freestyle Breathing Position
- 3.4 15m Freestyle
- 3.5 15m Backstroke
- 3.6 15m Scull
- 3.7 Breaststroke Leg Action
- 3.8 Breaststroke Arm Action
- 3.9 Non-rigid Equipment Assistance

The following lesson plans are suggested programmes for completing the Level Three objectives. There will, of course be many variables to take into consideration. These can be some or all of the following:

- Teachers running lessons for 10min may have to omit some activities whereas teachers with 30min lessons may need to be creative and add further activities which enhance or support the activities suggested.
- **Recommended group size:** 6 students, maximum 10 students.
- **Pool depth:** Between 0.6m to 1.2m max depending on height of student, no more than chest depth for the students!
- **Size of space:** No more than 7m radius from the teacher.
- We recommend pool helpers in the pool where possible.
- **Lesson duration:** 10min to 30min 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 equipment before, and will need special attention on how best to use them.

Risk Management considerations:

Assistant Swim Teacher Award Manual page 10 - 17

Safety management plans for your programmes must include:

- Access to 1st Aid, CPR and rescue equipment/techniques
- Supervision

Special considerations for this ability group:

- Hair must be tied back for breathing
- 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
- Kick boards are mentioned but any smaller buoyant object may be better
- Lane etiquette/formations should be introduced at this level
- Dry-land Breaststroke leg action practices are essential

Always reinforce good practice with positive comments!

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

Upper North Island

Sharon Burger
Regional Education Manager
PO Box 300 633
Albany
Auckland
Ph: 09 415 4616
Fax: 09 4154617
sharon@swimmingnz.org.nz

Central North Island

Diane Oldridge
Regional Education manager
Swimming New Zealand
21 Hollinger Place
Grandview Estate
Hamilton
Ph 078463343
diane@swimmingnz.org.nz

Lower North Island

Serena Hastie
Regional Education Manager
Swimming New Zealand
PO Box 11 115
Wellington
Ph: 04 801 4888
Fax: 04 801 6270
serena@swimmingnz.org.nz

South Island

Charlie Root
Regional Education Manager
Sport Canterbury
PO Box 2606
Christchurch
Ph: 03 387 0372
Fax: 03 387 0284
charlie@swimmingnz.org.nz

ALWAYS REMEMBER THE FOUNDATION SKILLS



**IN
(Entry)**



**THROUGH
(Balance)**



**UNDER
(Bouyancy)**



**ON
(Breathing)**

ESSENTIAL SEQUENCING

Pre requisite

Children must be able to demonstrate:

- A streamlined glide and kick independently on front and back for 5 m
- A streamlined glide and kick independently on front and back for 5 m with a roll between front and back
- Freestyle and Backstroke arm and leg action for a minimum of 5 m

Lesson 1

Learning Outcome: To learn a new entry option and assess and re-cap' the prerequisite skills

Equipment needed:

- Hoops for dolphin dives

Success Criteria:

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

- Demonstrate the pre requisite skills for level 3
- Demonstrate a crouch and ¼ turn entry (where appropriate)

Intro/Activity	Teaching Points	Organisation/Equipment
<p>Crouch and 1/4 turn N.B.This entry is inappropriate where pool sides are raised, slippery and narrow</p> <p>In this case use another entry method</p>	<ul style="list-style-type: none"> • Crouch on poolside with toes over edge of pool • Place one hand on side of pool, • Lean on hand and jump into pool making a quarter turn • Bend knees when feet touch pool floor • Hand remains in contact with pool edge until student standing steadily 	<ul style="list-style-type: none"> • This should only be used when student can stand safely in water • Routinely use as one of the controlled entries for lessons • Practise until confident • When practising in a large group number students in two's
Revision from last level	Teaching Points	Organisation/Equipment
<p>Streamlining on front with kick</p> <p>Streamlining on back with kick</p> <p>Freestyle arm action with kicking without a board</p> <p>Backstroke arm action with kicking without a board</p>	<ul style="list-style-type: none"> • Make the "turtle" with hands stretched out in front • Eyes to the floor • Long loose legs, "flippy floppy" feet • Arms by sides • Tall bodies • Eyes to the sky • Big Slow arm circles • "Down to my thigh, up to the sky" • Finger tips enter water first • Count each stroke as you go "1,2....." • "Eyes looking at the pool floor" • "Up to the sky, down to my thigh" • Big slow arm circles • Flowing, continuous movement – • As arm circles backwards, brush ear with arm • Little finger enters water first ("pinkie") 	<ul style="list-style-type: none"> • Practice over 5 – 10 m • Practice over 5-10m • Practice over 5-10m • Practice over 5-10m
Teaching progression	Teaching Points	Organisation/Equipment
<p>"Rolling logs" front to back(horizontal rotation)</p>	<ul style="list-style-type: none"> • Keep eyes open • Start from a front float, eyes looking at pool floor • Kick on front for count of 4, with streamlined arms outstretched • As body rolls over, bring arms to sides lift chin towards roof/sky, eyes look straight up and breathe normally • Kick on back for count of 4 • Resume normal, relaxed breathing on back • Aim for smooth rotations 	<ul style="list-style-type: none"> • Encourage repeat practices to develop smooth controlled movements and to enhance comfort

<p>“Rolling logs” back to front (horizontal rotation)</p> <p>Add arm action to horizontal rotation</p> <p>Sculling and Backstroke kick</p>	<ul style="list-style-type: none"> • Keep eyes open • Kick on back for count of 4 • As body rolls over, eyes look down to pool floor, streamline arms may be outstretched or by the sides. • Kick on front for count of 4 • Aim for smooth rotations • 4 Freestyle arm actions when on front, • 4 Backstroke arm actions when on back • Aim for smooth rotations • Start crouched with shoulders under water, then move gently to a back glide arms by sides • Thumbs down on push-out thumbs up on pull-in (maintain pressure on water with palms of hands) • Emphasise relaxation 	<ul style="list-style-type: none"> • Encourage repeat practices to develop smooth controlled movements and to enhance comfort
<p>Game/Conclusion</p>	<p>Teaching Points</p>	<p>Equipment/Organisation</p>
<p>Dolphin Dives -into one hoop and out the other</p> <p>Safe exit using the ladder or push and hook</p>	<ul style="list-style-type: none"> • Tuck the chin in • Arms over head • Body follows through the hole made by your finger tips. 	<ul style="list-style-type: none"> • Hoops (large) • If no hoops available encourage the use of the imagination “Imagine diving into the water through a hoop and surfacing through another • Awareness of individual children...safety

Lesson 2

Learning Outcome: To Introduce breathing position for Freestyle

Equipment needed:

- Sinking objects

Success Criteria:

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

- ☑ Demonstrate the Freestyle breathing position with assistance
- ☑ Demonstrate blowing bubbles comfortably

Intro/Activity	Teaching Points	Organisation/Equipment
<p>Crouch and 1/4 Turn</p> <p>This entry is inappropriate where pool sides are raised, slippery and narrow. In this case use another entry method.</p>	<ul style="list-style-type: none"> • Crouch on pool side with toes over edge of pool • Place one hand on side of pool, • Lean on hand and jump into pool making a quarter turn • Bend knees when feet touch pool floor • Hand remains in contact with pool edge until student standing steadily 	<ul style="list-style-type: none"> • This should only be used when student can stand safely in water • Routinely use as one of the controlled entries for lessons • Practise until confident • When practising in a large group number students in two's, or use a "Mexican wave" format
Revision from last level	Teaching Points	Organisation/Equipment
<p>Streamlining on front with kick</p> <p>Streamlining on back with kick</p> <p>Freestyle arm action with kicking without a board.</p> <p>Backstroke arm action with kicking without a board</p>	<ul style="list-style-type: none"> • Make the "turtle" with hands stretched out in front • Eyes to the floor • Long loose legs, "flippy floppy" feet • Arms by sides • Tall bodies • Eyes to the sky • "Down to my thigh, up to the sky" • Finger tips enter water first • Count each stroke as you go "1,2....." • " Eyes looking at the pool floor" • "Up to the sky, down to my thigh" • Big slow arm circles • Flowing, continuous movement – • As arm circles backwards, brush ear with arm • Little finger enters water first 	<ul style="list-style-type: none"> • Practice over 5 – 10 m • Practice over 5-10m • Practice over 5-10m • Practice over 5-10m
Teaching progression	Teaching Points	Organisation/Equipment
<p>Coordinating breathing and bobbing</p> <p>Freestyle breathing position at the wall with feet on floor</p> <p>Freestyle breathing position at the wall with roll</p>	<ul style="list-style-type: none"> • Slowly submerge bending knees and recover to stand showing relaxed breathing i.e. very slow "Jack in a box"! • Right hand on wall behind you • Left hand outstretched in front of you • Right shoulder in the air • Back of head on left arm Breathing position • Look at the roof • Breathing comfortably • As above then inhale, • Now roll right shoulder down so, • Eyes are now looking to the pool floor and exhale into the water. • Now return to breathing position as 	<ul style="list-style-type: none"> • Look for bubbles in the water and relaxed breathing in and out • The slower the movement through the surface the better as more control and degree of comfort is required • Practise until relaxed breathing style is achieved (at least 5 repetitions) • Repeat until relaxed breathing in and out

<p>Repeat breathing practices at the wall on the right side</p> <p>Walk in breathing position with kick board on left thigh</p> <p>Repeat walking in breathing position with kick board on right thigh</p>	<p>above by rolling RIGHT shoulder back out of the water, then inhale in breathing position as above</p> <ul style="list-style-type: none"> • Left hand on the wall behind you • Right hand outstretched in front of you • Left shoulder in the air... <p>• In the breathing position, right hand in front</p> <ul style="list-style-type: none"> • Walk across the pool • Roll left shoulder up and down smoothly and slowly • "Roll up 2,3,4 roll down 2,3,4" • Relaxed breathing <p>• In the breathing position, left hand in front</p> <ul style="list-style-type: none"> • Walk across the pool • Roll right shoulder up and down smoothly and slowly • "Roll up 2,3,4 roll down 2,3,4" • Relaxed breathing 	<ul style="list-style-type: none"> • Teacher should be positioned so student looks towards the teacher when breathing in
<p>Game/Conclusion</p> <p>Dolphin Dives to retrieve sinking objects kick on back to return to side</p> <p>Safe exit using the ladder or push and hook</p>	<p>Teaching Points</p> <ul style="list-style-type: none"> • Tuck the chin in • Arms over head • Body follows through the hole made by your finger tips. 	<p>Equipment/Organisation</p> <ul style="list-style-type: none"> • Sinking objects

N.B. Ideally the pre requisite for this lesson should include dry land Breaststroke leg action practice (ASTA Manual Page 67 Level 3.6). Show learners the ASTA video Level 3.6 and practice.

Lesson 3

Learning Outcome: To practice the breathing position for Freestyle and introduce basic Breaststroke leg action

Equipment needed:

- Kick boards
- Noodles
- Variety of floating equipment

Success Criteria:

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

- Demonstrate the Freestyle breathing position assisted with kicking
- Demonstrate a basic Breaststroke leg action

Intro/Activity	Teaching Points	Organisation/Equipment
Choice of entry appropriate to the venue	<ul style="list-style-type: none"> • Safe controlled entry • Maintain contact with the wall until feet on the pool floor 	<ul style="list-style-type: none"> • When practising in a large group number students in two's or "Mexican wave" watching one student at a time
Revision from last level	Teaching Points	Organisation/Equipment
Streamlining on front with kick	<ul style="list-style-type: none"> • Make the "turtle" with hand stretched out in front • Eyes to the floor • Long loose legs, "flippy floppy" feet 	<ul style="list-style-type: none"> • Practice over 5 – 10 m
Streamlining on back with kick	<ul style="list-style-type: none"> • Arms by sides • Tall bodies • Eyes to the sky 	<ul style="list-style-type: none"> • Practice over 5-10m
Freestyle arm action with kicking without a board.	<ul style="list-style-type: none"> • Big slow arm circles • "Down to my thigh, up to the sky" • Finger tips enter water • Count each stroke as you go "1,2....." • " Eyes looking at the pool floor" 	<ul style="list-style-type: none"> • Practice over 5-10m
Backstroke arm action with kicking without a board	<ul style="list-style-type: none"> • "Up to the sky, down to my thigh" • Big slow arm circles • Flowing, continuous movement – • As arm circles backwards, brush ear with arm • Little finger enters water first ("pinky") 	<ul style="list-style-type: none"> • Practice over 5-10m
Coordinating breathing and bobbing	<ul style="list-style-type: none"> • Slowly submerge bending knees and recover to stand showing relaxed breathing • i.e. <u>very</u> slow "Jack in a box"! 	<ul style="list-style-type: none"> • Look for bubbles in the water and relaxed breathing in and out • Encourage the slowest movements through the surface to develop confidence and breath control
Teaching progression	Teaching Points	Organisation/Equipment
Walk in breathing position with kick board on left thigh	<ul style="list-style-type: none"> • In the breathing position right hand in front • Walk across the pool • Roll left shoulder up and down smoothly and slowly • "Roll up 2,3,4 roll down 2,3,4" • Relaxed breathing 	<ul style="list-style-type: none"> • Practise until relaxed breathing style is achieved (at least 5 repetitions)
Repeat walking in breathing position with left hand in front with kick board on right thigh	<ul style="list-style-type: none"> • Left hand in front • Right hand on right thigh • Right shoulder in the air... 	<ul style="list-style-type: none"> • Repeat until relaxed breathing in and out • Teacher should be positioned so Student looks towards the

<p>“Rolling logs” front to back and back to front with leg action</p>	<ul style="list-style-type: none"> • Keep eyes open • Kick on front for count of 4, kick on back for a count of 4 • Resume normal, relaxed breathing on back • Aim for smooth rotations over 5-15 m 	<p>teacher when breathing in</p>
<p>Game/Conclusion</p>	<p>Teaching Points</p>	<p>Equipment/Organisation</p>
<p>Group Breaststroke leg kick practice at the wall</p> <p>Choose a demonstrator and have group watch from the side</p> <p>Group have a go...</p> <p>Safe exit</p>	<ul style="list-style-type: none"> • Talk through this action – “lift heels to bum no knees to tum”, duck feet, snap heels back and stretch • Aim towards knees not separating further than shoulder width • Feel pressure on feet especially the instep • Kick accelerates into glide phase • “Who can kick like we have just seen?” • Breaststroke kick on front eyes down 	<ul style="list-style-type: none"> • Practise lying on bench or pool deck • Push off, glide, kick, glide, stand • Practise with and without flotation equipment • Give practice opportunities once they have seen the correct leg action

Lesson 4

Learning Outcome: To introduce the **breathing position** for Freestyle **without** assistance and further develop the Breaststroke leg action and water safety

Equipment needed:

- Non rigid equipment to give assistance e.g. towel, t-shirt or rope

Success Criteria:

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

- ☑ Demonstrate the Freestyle breathing position unassisted with kicking
- ☑ Demonstrate a Breaststroke leg action
- ☑ Demonstrate a non rigid equipment rescue

Intro/Activity	Teaching Points	Organisation/Equipment
Choice of entry appropriate to the venue	<ul style="list-style-type: none"> • Safe controlled entry • Maintain contact with the wall until feet on the pool floor 	<ul style="list-style-type: none"> • When practising in a large group number students in two's
Revision from last level	Teaching Points	Organisation/Equipment
Streamlining on front with kick	<ul style="list-style-type: none"> • Make the "turtle" with hands stretched out in front • Eyes to the floor • Long loose legs, "flippy floppy" feet 	<ul style="list-style-type: none"> • Practice over 5 – 10 m
Streamlining on back with kick	<ul style="list-style-type: none"> • Arms by sides • Tall bodies • Eyes to the sky 	<ul style="list-style-type: none"> • Practice over 10-15m
"Rolling balls"	<ul style="list-style-type: none"> • Partner A has big relaxed breath • "Tuck" into ball float • Chin in, hold breath in • Partner B <u>gently</u> presses shoulders/hips to create rocking, bobbing and rolling • Look for "smooth" nape of the neck 	<ul style="list-style-type: none"> • In pairs... partner A curls into a ball shape and floats • This practice allows the learner to experience the differences between rotation, sinking and buoyancy
Freestyle arm action with kicking without a board	<ul style="list-style-type: none"> • "Down to my thigh, up to the sky" • Finger tips enter water • Count each stroke as you go "1,2....." • "Eyes looking at the pool floor" 	<ul style="list-style-type: none"> • Practice over 5-10m
Backstroke arm action with kicking without a board	<ul style="list-style-type: none"> • "Up to the sky, down to my thigh" • Big slow arm circles • Flowing, continuous movement – • As arm circles backwards, brush ear with arm • Little finger enters water first 	<ul style="list-style-type: none"> • Practice over 10- 15m
Teaching progression	Teaching Points	Organisation/Equipment
Kicking in breathing position with right hand outstretched, left hand holding kickboard on left thigh	<ul style="list-style-type: none"> • In the breathing position right hand in front • Roll shoulder up and down smoothly and slowly • "Roll up 2,3,4 roll down 2,3,4" • Relaxed breathing 	<ul style="list-style-type: none"> • Practise until relaxed breathing style is achieved (at least 5 repetitions)
Breathing position with kick with left hand outstretched, right hand holding kickboard on right thigh	<ul style="list-style-type: none"> • Left hand in front • Right hand on right thigh • Right shoulder in the air... 	<ul style="list-style-type: none"> • Repeat until relaxed breathing in and out • Teacher should be positioned so student looks towards the teacher when breathing in • Aim to build up to 15m distance.
Repeat above 2 activities <u>without</u> kick board!	<ul style="list-style-type: none"> • In the breathing position right hand/left in front • Roll shoulder up and down smoothly 	

Pre requisite

Children must be able to demonstrate:

- Freestyle breathing position unassisted with kicking for 10m

Lesson 5

Learning Outcome: To introduce the Freestyle breathing position with Freestyle arm action and to practice Backstroke

Equipment needed:

- Kick boards
- Noodles
- Variety of floating equipment

Success Criteria:

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

- Demonstrate the Freestyle arm action and breathing
- Swim 10m comfortable Backstroke

Intro/Activity	Teaching Points	Organisation/Equipment
<p>Choice of entry appropriate to the venue</p> <p>“Stuck in the mud” with submersion</p>	<ul style="list-style-type: none"> • Safe controlled entry • Maintain contact with the wall until feet on the pool floor • When you are “tagged” put your arms out across the surface • To be freed a friend must submerge under either arm 	<ul style="list-style-type: none"> • when practising in a large group number students in twos • Use a designated area • Be aware of any child being held under water
Revision from last level	Teaching Points	Organisation/Equipment
<p>Streamlining on front with kick</p> <p>Streamlining on back with kick</p> <p>“Rolling logs”</p> <p>Freestyle arm action with kicking without a board.</p> <p>Backstroke arm action with kicking without a board</p>	<ul style="list-style-type: none"> • Make the “turtle” with hands stretched out in front • Eyes to the floor • Long loose legs, “flippy floppy” feet • Arms extended • Tall bodies • Eyes to the sky • Keep eyes open • Kick on front for count of 4, kick on back for a count of 4 • Resume normal, relaxed breathing on back • Aim for smooth rotations over 5-15 m • Big slow arm circles • “Down to my thigh, up to the sky” • Finger tips enter water • Count each stroke as you go “1,2.....” • “Eyes looking at the pool floor” • “Up to the sky, down to my thigh” • Big slow arm circles • Flowing, continuous movement – • As arm circles backwards, brush ear with arm • Little finger enters water first. (pinky) 	<ul style="list-style-type: none"> • Practice over 10-15m • Practice over 10-15m • Practice over 10-15m • Practice over 5-10m • Practice over 10- 15m
Teaching progression	Teaching Points	Organisation/Equipment
<p>Co-ordinating Freestyle arm action with breathing</p> <p>- Standing</p> <p>“1,2,bubbles,breathe” (this rhythm goes with each</p>	<ul style="list-style-type: none"> • 4 Freestyle arm strokes:1 breath • Start in the breathing position with right hand on the wall behind you, left arm outstretched in front of you • Inhale • As right arm starts to lift face rolls into 	<ul style="list-style-type: none"> • Practise until relaxed breathing style is achieved (at least 5 repetitions) • Encourage breathing in facing the teacher!

<p>arm stroke)</p> <p>-Walking</p> <p>-Change lead arm</p>	<p>the water</p> <ul style="list-style-type: none"> • 3 Freestyle arm strokes eyes looking to the pool floor • Exhale • Rotate back to breathing position during the 4th stroke for relaxed inhale • Repeat above teaching points walking across the pool • Repeat above with left arm lead 	
<p>Game/Conclusion</p>	<p>Teaching Points</p>	<p>Equipment/Organisation</p>
<p>"Swim and try..."</p>	<ul style="list-style-type: none"> • Freestyle with breathing across the pool to the ladder and safe exit out 	

Lesson 6

Learning Outcome: To practice Freestyle including breathing and to continue Breaststroke development.

Equipment needed:

- Kick boards
- Noodles
- Variety of floating equipment

Success Criteria:

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

- Swim 10m Freestyle coordinating arm action and breathing
- Improve Breaststroke leg action

Intro/Activity	Teaching Points	Organisation/Equipment
<p>Choice of entry appropriate to the venue</p> <p>“Stuck in the mud” (with submersion)</p> <p>Streamlining on back with kick</p>	<ul style="list-style-type: none"> • Safe controlled entry • Maintain contact with the wall until feet on the pool floor • When you are tagged put your arms out across the surface • To be freed a friend must submerge under either arm • Arms extended (upper arms by ears) • Tall bodies • Eyes to the sky 	<ul style="list-style-type: none"> • When practising in a large group number students in two’s • Use a designated area • Be aware of any child being held under water • Practice over 10-15m
<p>Revision from last level</p> <p>Backstroke arm action with kicking without a board</p> <p>Co-ordinating Freestyle arm action with breathing - standing</p> <p>“1,2,bubbles,breathe”</p> <p>- walking</p>	<p>Teaching Points</p> <ul style="list-style-type: none"> • “Up to the sky, down to my thigh” • Big slow arm circles • Flowing, continuous movement – • As arm circles backwards, brush ear with arm • Little finger enters water first • Keep arms opposite each other • 4 Freestyle arm strokes:1 breath • Start in the breathing position with right hand on the wall behind you, left arm outstretched in front of you • Inhale • As right arm starts to lift face rolls into the water • 3 Freestyle arm strokes eyes looking to the pool floor • Exhale • Rotate back to breathing position during the 4th stroke for relaxed inhale • Repeat above teaching points walking across the pool • Repeat above with left arm lead 	<p>Organisation/Equipment</p> <ul style="list-style-type: none"> • Practice over 10- 15m • Practise until relaxed breathing style is achieved (at least 5 repetitions)
<p>Teaching progression</p> <p>Streamlining on front with kick, and one stroke, roll to breathe</p> <p>“1,2,bubbles,breathe” (Start in the streamline)</p>	<p>Teaching Points</p> <ul style="list-style-type: none"> • Make the “turtle” with hands out stretched in front • Eyes to the floor • Long loose legs, “flippy floppy” feet • Roll in to the breathing position when needed with one slow controlled arm stroke • Return to the “turtle” and keep kicking • Push and glide • Start leg action 	<p>Organisation/Equipment</p> <ul style="list-style-type: none"> • Practice over 10-15m • Aim for a distance of at least 10m

N.B. Ask children to bring something from home which they think will keep them afloat

Lesson 7- 8

Learning Outcome: To develop Breaststroke arm action and practice Freestyle and breathing

Equipment needed:

- Something from home which each learner thinks will keep them afloat

Success Criteria:

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

- ☑ Swim 15m Freestyle and Backstroke competently coordinating arm action and breathing
- ☑ Improve Breaststroke leg action
- ☑ Demonstrate Breaststroke arm action

Intro/Activity	Teaching Points	Organisation/Equipment
<p>Choice of entry appropriate to the venue</p> <p>“Stuck in the mud” with submersion</p> <p>Streamlining on back with kick</p>	<ul style="list-style-type: none"> • Safe controlled entry • Maintain contact with the wall until feet on the pool floor • When you are tagged put your arms out across the surface • To be freed a friend must submerge under either arm • Arms extended • Tall bodies • Eyes to the sky 	<ul style="list-style-type: none"> • when practising in a large group number students in twos • Use a designated area • Be aware of any child being held under water • Practice over 10-15m
Revision from last level	Teaching Points	Organisation/Equipment
<p>Backstroke arm action with kicking without a board</p> <p>Streamlining on front with kick, and one stroke, roll to breathe</p> <p>“1,2,bubbles,breathe” Start in the streamline position</p>	<ul style="list-style-type: none"> • “Up to the sky, down to my thigh” • Big slow arm circles • Flowing, continuous movement – • As arm circles backwards, brush ear with arm • Little finger enters water first (“pinky”) • Make the “turtle” on the front • Eyes to the floor • Long loose legs, “flippy floppy” feet • Roll in to the breathing position when needed with one slow controlled arm stroke • Return to the “turtle” and keep kicking • Push and glide • Start leg action • Smooth controlled strokes and roll into breathing position (1,2,bubbles,breathe) • Repeat 	<ul style="list-style-type: none"> • Practice over 10- 15m • Practice over 10-15m • Aim for a distance of at least 10m
Teaching progression	Teaching Points	Organisation/Equipment
<p>Breaststroke Arm Action -Standing</p> <p>-Lying in the water eyes to the pool floor</p>	<ul style="list-style-type: none"> • Start with arms extended out in a breaststroke streamlined position (thumbs down back of hands form a “V”) • 1. Scull out to a “Y” position • 2. Scull in • 3. Stretch to streamlined position • Thumbs down on scull-out, thumbs up on scull-in • Arms must move simultaneously • Teaching points as above 	<ul style="list-style-type: none"> • Crouch down shoulders under water • Repeat • Encourage children to take their time • Hands must not come back past their chin

<p>Breaststroke kick on front parallel to pool wall</p> <p>Vertical Breaststroke kick with stomach against pool wall</p> <p>Breaststroke kick on front, arms extended</p>	<ul style="list-style-type: none"> • Small Freestyle kick • Arms extended with or without float • Eyes look to pool floor • Breaststroke kick with closest toes touching the wall as the feet turn out and push back • Return in other direction • Swimmers visualise a tunnel where both feet turn out and toes touch either side of the tunnel • "Hook" toes • "Heels to bum, no knees to tum" • Kick back and together with a snap • Emphasise the "stretch and glide" "snap toes to point" • Start shoulders under water • Eyes look to pool floor • Slide forward to stretch and glide, one Breaststroke kick to stretch and glide • Stand up to breathe • Repeat 	<p>Picture in ASTA Manual Pg. 68</p> <ul style="list-style-type: none"> • This activity is good for correcting "Scissor kick"
<p>Game/Conclusion</p>	<p>Teaching Points</p>	<p>Equipment/Organisation</p>
<p>Breaststroke leg action on back</p> <p>Choice of improvised flotation equipment</p> <p>Safe exit</p>	<ul style="list-style-type: none"> • With sculling • "Hook" toes • "Heels to bum, no knees to tum" • Emphasise the "stretch and glide" phase • Curl up and balance with your flotation equipment • Relax • Conserve energy • To avoid air escaping, keep your flotation equipment level 	<ul style="list-style-type: none"> • Flotation equipment may include balls, plastic bottle, buckets lunch boxes, plastic bags, life jackets, wine cask

Lesson 9- 10

Learning Outcome: To develop confidence with 15m Freestyle, Backstroke and sculling and to practice Breaststroke arm and leg action

Equipment needed:

- Kick boards
- Noodles
- Variety of floating equipment

Success Criteria:

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

- ☑ Swim 15m Freestyle and Backstroke and sculling competently coordinating arm action and breathing
- ☑ Practice Breaststroke arm and leg action

Intro/Activity	Teaching Points	Organisation/Equipment
<p>Choice of entry appropriate to the venue</p> <p>Circle tag "3 against one"</p> <p>Streamlining on back with kick</p> <p>Streamlining with front kick, and one stroke, roll to breathe</p>	<ul style="list-style-type: none"> • Safe controlled entry • Maintain contact with the wall until feet on the pool floor • Groups of 4 • Swimmers numbered 1-3 hold hands in a circle • Swimmer number 4 tries to run around the outside of the circle to tag swimmer number 2 • 1 and 3 try to protect 2 • Arms extended • Tall bodies • Eyes to the sky • Make the "turtle" on the front • Eyes to the floor • Long loose legs, "flippy floppy" feet • Roll into the breathing position when needed with one slow controlled arm stroke • Return to the "turtle" and keep kicking 	<ul style="list-style-type: none"> • When practising in a large group number students in two's • Use a designated area • Attempt 15m without stopping • Repeat Practice over 10-15m
Revision from last level	Teaching Points	Organisation/Equipment
<p>Swimming 15m Backstroke</p> <p>Swim Freestyle 15m "1,2,bubbles,breathe" Start in the streamline position</p>	<ul style="list-style-type: none"> • "Up to the sky, down to my thigh" • Big slow arm circles • Flowing, continuous movement – • As arm circles backwards, brush ear with arm • Little finger enters water first ("pinky") • Push and glide • Start leg action • Smooth controlled strokes and roll into breathing position(1,2,bubbles,breathe) • Repeat 	<ul style="list-style-type: none"> • Attempt 15m without stopping • Repeat encouraging controlled movements • Attempt 15m without stopping • Repeat encouraging controlled movements
Teaching progression	Teaching Points	Organisation/Equipment
<p>Head first sculling</p> <p>Or</p>	<ul style="list-style-type: none"> • Elbows comfortably out from body • Wrists bent back, fingers point upwards • Thumbs down as hands sweep outwards • Thumbs up as hands sweep inward • Small leg movement or flotation equipment may initially be used 	<ul style="list-style-type: none"> • Build up distance • Invent games, e.g., relays or group activities • Continuous sculling movement aim for 15m • Aim for 15m

<p>Feet first sculling</p>	<p>between thighs</p> <ul style="list-style-type: none"> • Feel for constant pressure on palms of hands • Elbows comfortably out from body • Wrists bent forward, fingers toward pool floor • Thumbs down as hands sweep outwards • Thumbs up as hands sweep inward • Feel for constant pressure on palms of hands 	<ul style="list-style-type: none"> • Emphasise relaxation, not speed
<p>Game/Conclusion</p>	<p>Teaching Points</p>	<p>Equipment/Organisation</p>
<p>Breaststroke leg action on back</p> <p>Retrieve sinking object and kick back keeping it dry</p> <p>Safe exit</p>	<ul style="list-style-type: none"> • With sculling • "Hook" toes • "Heels to bum, no knees to tum" • Emphasise the "stretch and glide" phase • Swim out to the object • Submerge to retrieve • Return kicking either Breaststroke or Backstroke kick holding the object just above the surface 	