

Dry Land Lesson Plan

Session 1: Water Safety

Learning intention: To be more aware of environmental water safety

SKILLS AND ACTIVITIES	WHAT TO LOOK FOR AND TEACHING POINTS
<p>POOL HAZARDS:</p> <ul style="list-style-type: none"> • What sort of hazards can you see? • How many water safety signs are around the pool and what are the main points? 	<ul style="list-style-type: none"> • Make a list of all potential hazards and discuss if they can be eliminated, isolated or minimised • Discuss "no running" in wet area's & the importance of this • Discuss the age children need to be supervised.
<p>POOL HAZARDS DEPTH:</p> <ul style="list-style-type: none"> • How deep is the pool at the shallow end? • How deep is the pool at the deep end? • How long is the pool? 	<ul style="list-style-type: none"> • Where is the safest place to swim? • Using a measuring tape on poolside lie children down from head to toe for each of these measurements
<p>PREPARATION:</p> <ul style="list-style-type: none"> • What do we need to swim? 	<ul style="list-style-type: none"> • Make a list
<p>BUCKET ACTIVITY:</p> <ul style="list-style-type: none"> • To have more awareness of the importance of wearing togs 	<ul style="list-style-type: none"> • Two buckets full of water; 1 with clothing inside and the other with togs. Get the children to lift the clothes out of the bucket to feel the weight & then the togs – discuss the outcome
<p>Equipment: Pen, paper, 2 x buckets, heavy clothing & togs</p>	
<p>Key Questions / Follow up after swimming:</p> <ul style="list-style-type: none"> • Re-visiting questions asked during the poolside session • What water hazards do we have at home 	

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Session 2: Core Strength

Learning intention: To strengthen the core muscles to support swimming

SKILLS AND ACTIVITIES	WHAT TO LOOK FOR AND TEACHING POINTS
<p>HANDS & KNEES:</p> <ul style="list-style-type: none"> On hands & knees, stretch the right arm and the left leg & hold Change and stretch out the left arm & right leg & hold Try doing all of the above with eyes closed 	<ul style="list-style-type: none"> Arm & leg should be stretched and pointing as far as possible Balance is the key, try not to wobble The longer you hold the position the better
<p>PASSING THE BALL IN PARTNERS:</p> <ul style="list-style-type: none"> Children sitting back to back with legs slightly bent. Passing the ball to the left for 1 minute then to the right How many times can you pass in the minute? 	<ul style="list-style-type: none"> The ball must be passed to the side not over head to be effective.
<p>PLANKING:</p> <ul style="list-style-type: none"> Lying on front moving to on forearms and toes, see how long the children can hold position With a partner. Facing each other planking then using opposite hands tap your partners hand for 1 minute With a partner. Facing each other planking then using opposite hands tap your partners shoulder for 1 minute 	<ul style="list-style-type: none"> Try to keep a flat back and bottom down Tap hand with the left then the right continuous for 1 minute Tapping partners shoulder alternating from right to left continuous for 1 minute
<p>Equipment: Balls, towels to lie on</p>	
<p>Key Questions / Follow up after swimming:</p> <ul style="list-style-type: none"> Practice activities above for homework 	

Session 3: Streamlining and Body Position

Learning intention: To achieve a strong core and body position

SKILLS AND ACTIVITIES	WHAT TO LOOK FOR AND TEACHING POINTS
Walking round pool with streamline arms	<ul style="list-style-type: none"> • One hand on top of other, thumbs either side of hand • Pull body up tall • Arms behind ears, lock elbows • Try to keep the distance between elbows to minimum
Streamline planking on front	<ul style="list-style-type: none"> • Lying on ground in streamline, lift hands and feet just off the floor and hold • Increase length of time for more advanced swimmers • Keep head tucked down • Lengthen body
Standing against wall growing body in pairs	<ul style="list-style-type: none"> • Heels against wall, partner to mark wall where swimmer is standing • Try to extend the body and grow up the wall • Feet to remain flat on the floor
Streamline on back on ground	<ul style="list-style-type: none"> • Lying on ground in streamline on back • Try to get arms flat back on ground while remaining in streamline position • Keep hips and shoulders as flat on ground as possible
Eliminating the gap/flattening against the wall	<ul style="list-style-type: none"> • Stand against the wall hands by side • Try to push your spine flat against the wall • Tuck bottom under hips to achieve and eliminate the gap between swimmer and wall
Walking balancing board or cup on head	<ul style="list-style-type: none"> • Walk around with either a cup ½ filled with water or board on top of head • Try to pull body up tall to lengthen • Keep the body still and controlled to avoid cup or board falling
Equipment: <ul style="list-style-type: none"> • Kickboard • Plastic cup 	
Key Questions / Follow up after swimming: <ol style="list-style-type: none"> 1. Why with streamline so we want to avoid dips in the body 2. How important is a good streamline? Why? 3. With which strokes when pushing off the wall do we use streamline? 	

Session 4: Water Safety – Lifejackets, H.E.L.P and huddle

Learning intention: Students will be able to demonstrate how to fit a lifejacket correctly, demonstrate and understand a huddle and H.E.L.P.

SKILLS AND ACTIVITIES	WHAT TO LOOK FOR AND TEACHING POINTS
<p>INTRODUCE THE LIFEJACKET TO THE CLASS:</p> <ul style="list-style-type: none"> Point out safety features or get into small groups to discuss and report back to the class 	<ul style="list-style-type: none"> Why do we wear a lifejacket? Where and when do we wear a lifejacket in different aquatic environments?
<p>FITTING A LIFEJACKET:</p> <ul style="list-style-type: none"> Get class to fit lifejackets, purposely having some too big and some that fit. Talk about the importance of the lifejacket fitting correctly. What might happen if the lifejacket is too big? 	<ul style="list-style-type: none"> Ensure all zips and buckles are done up. Are the buckles tight? To check fit, lift the shoulders of the lifejacket. Does it move? Does it cover the face? Does it come off?
<p>H.E.L.P. (HEAT ESCAPE LESSENING POSITION)</p> <ul style="list-style-type: none"> Where does our body lose heat from? Head, armpits and groin How could we retain our heat in the water? Class can experiment then discuss ideas Count to 10 whilst in H.E.L.P. then do a starfish. 	<ul style="list-style-type: none"> Students sit on a chair or the floor Bring knees up to chest Hug arms around body, can hold onto lifejacket, knees or tuck your hands into your armpits Look at the sky/roof

<p>HUDDLE:</p> <p>In Groups of 3-10</p> <ul style="list-style-type: none"> • Put smallest/injured person in the middle of the huddle. Why? • Experiment changing places • How could we stay warmer? Intertwine legs • The water in the middle of a huddle will warm up • What may happen if we put our arms around each other's shoulders? Push each other under the water 	<ul style="list-style-type: none"> • Get class to stand in a circle • Place arms around each other's waists • Should be no visible gaps between each other • Keep movement to a minimum
<p>The huddle and H.E.L.P. can be reinforced as a game such as captains coming, hug tag and the numbers game, see Kiwidex manual, Sport NZ.</p> <p>Use scenarios specific to your region where the huddle and H.E.L.P. may be used and get the class to act out these scenarios in small groups.</p>	
<p>Equipment: Lifejackets of various sizes For further information: www.maritimenz.govt.nz/Recreational-Boating/Lifejackets/Survive-in-cold-water.asp</p>	
<p>Key Questions / Follow up after swimming:</p> <ul style="list-style-type: none"> • What will be different about doing this in the water? • What will be different about doing this in a real situation? • Why is it important to stay together? • What is warmer, a huddle of 3 people or 25 people? What could we do if 25 people were in the water together to stay safer? • What is cold shock and hypothermia? Why do we have to protect ourselves from them? 	

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Session 5: Freestyle Kicking

Learning intention: Swimmers will be able to demonstrate correct kicking techniques on land

SKILLS AND ACTIVITIES	WHAT TO LOOK FOR AND TEACHING POINTS
<ul style="list-style-type: none"> • Sitting on chair by the side of pool or in the classroom. Bottom needs to be on the edge of the chair, • Legs stretched out nice and long • Move legs in continuous motion • Use kick, kick, kick cue 	<ul style="list-style-type: none"> • Long loose legs • Fast floppy feet • Kick from the hip • Keep feet close together • Pointy toes like a ballerina or a pixie • Try to sit upright at all times
<ul style="list-style-type: none"> • Sit on side of pool with feet in the water • Legs stretched out nice and long • Move legs in continuous motion • Use kick, kick, kick cue 	<ul style="list-style-type: none"> • Long loose legs • Fast floppy feet • Kick from the hip • Keep feet close together • Pointy toes like a ballerina or a pixie • Try to sit upright at all times • Bubble the water with your feet • Make the water look like lemonade
<ul style="list-style-type: none"> • Laying on floor on tummy • Head down so body in neutral position • Legs stretched out nice and long • Move legs in continuous motion • Use kick, kick, kick cue 	<ul style="list-style-type: none"> • Long loose legs • Fast floppy feet • Kick from the hip • Keep feet close together • Pointy toes like a ballerina or a pixie
<ul style="list-style-type: none"> • In pairs, one lying with their tummy on the floor in streamline put a thin book under their thigh. • They need to then do the freestyle kick 	<ul style="list-style-type: none"> • Kicking from the hip (not knees) • You should visibly see the thigh muscle working. • Ask your partner where they feel their kick is coming from.
<p>Equipment: Mats for the floor Flutter Boards for the floor</p>	
<p>Key Questions / Follow up after swimming: Why is kicking correctly important for swimming? Why is it easier to kick when you have your head down in a neutral position?</p>	

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Session 6: Backstroke Kicking

Learning intention: Swimmers will be able to demonstrate correct kicking techniques on land

SKILLS AND ACTIVITIES	WHAT TO LOOK FOR AND TEACHING POINTS
<ul style="list-style-type: none"> Sitting on chair on side of pool Legs stretched out nice and long Move legs in continuous motion Use kick, kick, kick cue 	<ul style="list-style-type: none"> Long loose legs Fast floppy feet Kick from the hip Keep feet close together Pointy toes like a ballerina or a pixie Try to sit upright at all times
<ul style="list-style-type: none"> Sit on side of pool with feet in the water Legs stretched out nice and long Move legs in continuous motion Use kick, kick, kick cue 	<ul style="list-style-type: none"> Long loose legs Fast floppy feet Keep feet close together Kick from the hip Pointy toes like a ballerina or a pixie Try to sit upright at all times Bubble the water with your feet Make the water look like lemonade
<ul style="list-style-type: none"> Laying on floor on back Head in neutral position looking up at the roof / sky Push hips up off the floor / tummy up to the roof / sky Legs stretched out nice and long Move legs in continuous motion Use kick, kick, kick cue 	<ul style="list-style-type: none"> Long loose legs Fast floppy feet Kick from the hip Keep feet close together Pointy toes like a ballerina or a pixie Suck in your bottom nice and tight
<ul style="list-style-type: none"> Laying on floor on back Head in neutral position looking up at the roof / sky Push hips up off the floor / tummy up to the roof / sky Legs stretched out nice and long Move legs in continuous motion Use kick, kick, kick cue Help your buddy by manipulating their legs as needed 	<ul style="list-style-type: none"> Long loose legs Fast floppy feet Keep feet close together Pointy toes like a ballerina or a pixie Suck in your bottom nice and tight
<p>Equipment: Mats for the floor Flutter Boards for the floor</p>	
<p>Key Questions / Follow up after swimming: Why is kicking correctly important for swimming? Why is it easier to kick on your back when your hips are nice and high in the water?</p>	

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Session 7: Breast stroke kicking

Learning intention: Swimmers will be able to demonstrate symmetrical breast stroke leg action on land

SKILLS AND ACTIVITIES	WHAT TO LOOK FOR AND TEACHING POINTS
<ul style="list-style-type: none"> • Practise lying on a bench, on pool deck or on poolside • Lift heels to buttocks with feet flat • Turn feet out (like the letter V or a pizza slice) • Teacher / Buddy places their hands on the instep of feet (closest to the ankles inside the heel) • Press feet against hands, circling backwards slightly wide of the body, squeeze legs back to streamlined position and stretch into the streamlined position 	<ul style="list-style-type: none"> • Talk through the action – “lift heels, toes out, press back and stretch” • Emphasise streamlined stretch phase and glide for 2-3 seconds • Aim for knees not separating more than shoulder width • Feel pressure on feet especially the instep • Keep line from shoulders to knees as straight as possible • Leg action starts and ends in the streamline position
<ul style="list-style-type: none"> • Walk along poolside with penguin feet 	<ul style="list-style-type: none"> • Point feet out as wide as can go • Keep knees facing forwards • Walk slowly along poolside as far as you can
<ul style="list-style-type: none"> • Practise sitting in chair • Stretch legs out long in front of you so they are in streamline position • Bend legs down towards floor • Turn feet out (like the letter V or a pizza slice) • Teacher / Buddy places their hands on the instep of feet (closest to the ankles inside the heel) • Press feet against hands, circling slightly wide of the body, squeeze legs back to streamlined position • Stretch into the streamlined position 	<ul style="list-style-type: none"> • Talk through the action – “drop heels, toes out, press around and stretch” • Emphasise streamlined stretch phase and glide for 2-3 seconds • Aim for knees not separating more than shoulder width • Feel pressure on feet especially the instep • Leg action starts and ends in the streamline position
<p>Equipment: Chairs</p>	
<p>Key Questions / Follow up after swimming: Why is starting and finishing in a streamline position important for swimming?</p>	

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Session 8: Butterfly kicking

Learning intention: Swimmers will be able to demonstrate a controlled butterfly body action on land

SKILLS AND ACTIVITIES	WHAT TO LOOK FOR AND TEACHING POINTS
<ul style="list-style-type: none"> • Practise standing up against a wall (back to wall) • Push from the hips so the chest comes forward (bottom touches wall) and then chest comes back and bottom moves forward off wall 	<ul style="list-style-type: none"> • Talk through the action – “bottom to the wall, stand up tall” • Nice and slow motion • Hands resting by side • Try to keep head still • Aim for a cycle of 10 repeats
<ul style="list-style-type: none"> • Practise standing up against a wall (back to wall) • Roll spine from the top to bottom encouraging touching of the wall the whole way 	<ul style="list-style-type: none"> • Talk through the action – “Roll the spine, one bit at a time” • Nice and slow motion • Hands resting by side • Be a wiggly worm or a caterpillar • Try to keep head still • Aim for a cycle of 10 repeats
<p>Equipment: Wall</p>	
<p>Key Questions / Follow up after swimming:</p> <p>Is it easier to do this on top of the water or under the water? How much of a difference does your head position make?</p>	

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Session 9: Freestyle arm action & breathing

SKILLS AND ACTIVITIES	WHAT TO LOOK FOR AND TEACHING POINTS
Arm action standing <ul style="list-style-type: none"> • Left Arm • Right Arm • Both Arms 	<ul style="list-style-type: none"> • Big slow arm circles • Down to thigh, up to sky • Keep head still, rotate body to assist recovery
Arm action bending at waist	<ul style="list-style-type: none"> • Reach arms out front • Finger tips below wrist, wrist below elbow • Pull with palm of hand and fore arm • Eyes looking down and ahead 45o • Hand slides forward and downward as if catching the water. • Consistently keep arms moving
Lie on side	<ul style="list-style-type: none"> • Lower arm out in front • Practise moving top arm over and placing into the 'water' in front of you • Keep forearm and hand totally relaxed and lead the movement from your elbow
Breathing <ul style="list-style-type: none"> • Use back of chair or wall 	<ul style="list-style-type: none"> • One arm extended forward on chair or against wall • Other arm by side of body • Look down, ear below arm • Rotate body, keeping head in line with body until shoulder is pointing towards ceiling. • Practice blow out looking down, breathe in when shoulder pointing to ceiling • Rotate back to looking down.
Breathing in Pairs	<ul style="list-style-type: none"> • Face each other, one standing, one bent forward • Place hands on top of person standing's palm up hands. • Person standing drops one hand, turn arm, roll to breathe as above. • Alternate arms, breathe every 3rd arm rotation

Equipment:

Chair

Wall

Key Questions / Follow up after swimming:

- Are kicks big or small, slow or fast, where does the kick start from, are knees bent, what does kicking do?
- Where do your arms go past, what do they do when you turn them around, what parts of your arms are you pulling with, what enters the water first.
- When do you exhale when breathing in swimming, when do you inhale, does just your head turn when breathing, what is bilateral breathing?

Answers: Small, fast kicks without bending knees greatly. Kicking pushes you through the water.

Arms go past ears and top of thigh. Arms are pulling and pushing you through the water.

Fingers enter the water first in line with the shoulders.

Exhale under the water, inhale when roll. Your whole body rolls to breathe. Bilateral breathing is rolling to breathe on both sides.

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Session 10: Backstroke arm action

Learning intention: Correct backstroke arm action, rotation and kicking

SKILLS AND ACTIVITIES	WHAT TO LOOK FOR AND TEACHING POINTS
Body rotation – can be done against a wall	<ul style="list-style-type: none"> • Long tall body • Head remains still • Rotate torso from side to side • Chin, shoulder & hip in line • Imagine rod through body from head to feet
Single arm flexion rotations	<ul style="list-style-type: none"> • Big circle rotations • Lift arm high and allow arm to fall with own weight • Arm to pass close to ear • Finish down by thigh
Single arm backstroke	<ul style="list-style-type: none"> • First lift arm with shoulder initially • Follow with thumb first up side of leg • When arm touches ear, rotate hand allowing little finger to lead • Complete circle finishing by thigh
Double arm backstroke	<ul style="list-style-type: none"> • First lift arm with shoulder initially • Follow with thumb first up side of leg • When arm touches ear, rotate hand allowing little finger to lead • Complete circle finishing by thigh • Both arms together
Equipment: <ul style="list-style-type: none"> • Kickboard • Chair or bench 	
Key Questions / Follow up after swimming: <ol style="list-style-type: none"> 4. When rotating body what 3 points are we trying to align? 5. Which part of the arm comes out of the water first thumb? Or shoulder? 6. Which part of the leg are we kicking from? 7. Do we move our head during backstroke? 	