

Lesson Objective: Back Paddle

Equipment needed: Noodles for each swimmer. (Try use a range of colours, so swimmers can be set off in groups around the pool space). Armbands if used.

Warm Up (5 minutes)

Safe Entry: Practice Sit and Swivel Entry. Encourage swimmers to sit on the side, feet in the water and to roll onto their stomach prior to entering water.

Pool Rules: Teacher to Q and A basic pool rules. No running, what is a lifeguard, why we wear aids like armbands, changing room rules and behaviour.

GAME: Bean Game

Teacher to announce different types of beans and an action for each. Runner Bean = Running on Spot. Broad Bean = Star Float, String Bean = Jumping in the water, French Bean = Oooh La La, Exploding Bean = Splashing. Swimmers encouraged to move around the pool space and use their imaginations.

Main Activity (15 minutes)

Backwards Movement and Travel: For Non-Swimmers, even the movement and feeling of the resistance of the water can be challenging. Try the following:

- Walking Slow, Walking Fast, Running
- Taking Small Steps, Taking Long Steps, Hopping, Jumping
- Travelling with arms up, Travelling with shoulders under the water

Stationary Floats: Swimmers use a noodle (or 2, for those who don't feel confident) and practice lying flat in the water. Teacher counts for up to 5 seconds. Swimmers are encouraged to try different methods: Holding on, Letting go and being a pencil, being a star shape, curling up in a ball. Each time, swimmers are to regain their feet by standing up and placing their feet down. These floats can be practiced on the front and back.

GAME: Man in the Mirror

Once the swimmer is happily floating on their back, the game is to practice travelling. In pairs: the challenge is to cross the pool space in as many ways as possible. Everyone is to copy each other on this and see how many times they cross the pool. The travel must be backwards.

Backwards Kick (With a Noodle): Set off in waves or working in circuits around the edges of the pool space, swimmers now attempt to kick backwards. Starting with their backwards floating and using an alternating kick action – head position to be looking at the roof.

Contrast Activity (10 minutes)

Push and Glides: Practiced on front and back. Swimmers start by holding 1 arm on the wall, one arm out in front (superman position) on their front, and two hands holding on and curled in a ball on the wall on their backs. A countdown from 3, and swimmers are to glide into a long floating position. Aim is to get their arms to streamline and hold for 3 seconds.

GAME: Crocodile Snap

Swimmers are to swim around the pool area. One swimmer has an extra noodle – held like a crocodile mouth. They chase the swimmers within the area and 'snap' someone. This person then becomes the crocodile.

Warm Up (5 minutes)

Safe Entry: Sit and Swivel

Pool Rules

GAME: Bean Game

Main Activity (15 minutes)

Backwards Movement and Travel

Stationary Floats

GAME: Man in the Mirror

Backwards Kick (With a Noodle)

Contrast Activity (10 minutes)

Push and Glides

GAME: Crocodile Snap

Lesson Objective: Back Paddle

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Warm Up (5 minutes)

Safe Entry: Practice Sit and Swivel Entry. Encourage swimmers to sit on the side, feet in the water and to roll onto their stomach prior to entering water.

Pool Rules: Teacher to Q and A basic pool rules. No running, what is a lifeguard, why we wear aids like armbands, changing room rules and behaviour.

GAME: Bean Game

Teacher to announce different types of beans and an action for each. Runner Bean = Running on Spot. Broad Bean = Star Float, String Bean = Jumping in the water, French Bean = Oooh La La, Exploding Bean = Splashing. Swimmers encouraged to move around the pool space and use their imaginations.

Main Activity (15 minutes)

Floats: Using aids or without aids, swimmers and the practice floating on their front and back. Swimmers should easily be able to regain their feet. If a swimmer can attempt this using a noodle, try challenge them to use another piece of flotation aid such as a float. The swimmer should be able to move into different floating positions as instructed by the teacher. Examples are: Star, Ball, Piece of String, Tuck, Superman, Diamond, or a letter.

GAME: Man in the Mirror

Once the swimmer is happily floating on their back, the game is to practice travelling. In pairs: the challenge is to cross the pool space in as many ways as possible. Everyone is to copy each other on this and see how many times they cross the pool. The travel must be backwards.

Backwards Kick (With a Noodle / Float): Set off in waves or working in circuits around the edges of the pool space, swimmers now attempt to kick backwards. Starting with their backwards floating and using an alternating kick action – head position to be looking at the roof. The float can be 'hugged like a teddy' to the swimmer's chest or alternatively can be held over the swimmer's knees with arms extended.

Back Paddle AIM: 10 meters: A constant alternating leg kick without the swimmer standing up. The swimmers can be set off in waves or circuits around the edge of the pool to complete this and some swimmers will happily attempt this without aids. Ensure the chin is raised, a flat body position and strong leg kick.

Contrast Activity (10 minutes)

Push and Glides: Swimmers to practice getting into a long floating position from a start on the wall. On their fronts, one arm should hold the wall and one arm stretched out on the surface of the water. On their backs, two hands on the wall, ears back in the water and curled up like a ball on the wall. Swimmers then push off the wall to try achieving streamline position. They should attempt to touch the pool floor – maybe reaching for an object. Swimmers should attempt a log roll whilst in the stretched floating position.

GAME: Stuck in the Mud

One or two swimmers are nominated to be 'on'. The other swimmers swim around the pool in attempts not to get caught. Once caught, the swimmer becomes stuck, unable to move until another swimmers comes up to them and submerges under the swimmer's arms. When tagged, swimmers must stand in the shape of a star so others can easily free them.

Warm Up (5 minutes)

Safe Entry: Sit and Swivel

Pool Rules

GAME: Bean Game

Main Activity (15 minutes)

Floats

GAME: Man in the Mirror

Backwards Kick (With a Noodle / Float):

Back Paddle AIM: 10 meters:

Contrast Activity (10 minutes)

Push and Glides

GAME: Stuck in the Mud

Lesson Objective: Backstroke

Equipment needed: Float for each swimmer. Armbands to be used as equipment.

Warm Up (5 minutes)

GAME: Stuck in the Mud

One or two swimmers are nominated to be 'on'. The other swimmers swim around the pool in attempts not to get caught. Once caught, the swimmer becomes stuck, unable to move until another swimmer comes up to them and submerges under the swimmer's arms. When tagged, swimmers must stand in the shape of a star so others can easily free them.

Backstroke Kick (With and Without Float): Swimmers practice their kick in a streamlined long floating position. Swimmers also have a go at this with a float. The distances can range between 10m and 25m without a rest for this. This activity should be repeated 4 x through.

Main Activity (15 minutes)

Backstroke Kick with Single Arm: Swimmers are shown Backstroke Arms. Thumb leaves the water, straight arm, when the arm reaches the ear, hand rotates, and little finger enters the water first for a strong pull through the water. Swimmers should attempt this, hugging the float with one arm and practicing with another. Set off in waves or circuits to avoid swimmers crashing.

Arms: Similar to the above activity to the swimmers change arms each attempt. Left Arm then Right arm and repeat. Swimmers need to be reminded of head position and to kick their legs constantly.

Full Stroke: Swimmers encouraged to now attempt the above but without the float for support. Encouraging a constant leg kick and arms in a circular motion. Remember the importance of hand position and the correct arm technique.

GAME: Races

A range of strokes – particularly Frontcrawl and Backstroke. Completed in waves or relay.

Contrast Activity (10 minutes)

Butterfly Legs: Swimmers to have a go moving around the pool using dolphin leg kick. Once attempted they are encouraged to squeeze their legs together and use their hips to move the movement. Butterfly arms can be attempted once the swimmers are confident at this movement.

Sculling: Different styles of sculling, Front and Back, Forwards and Backwards, Sat in a chair shape. Let the swimmers explore with this. Swimmers made aware that the legs stay still and do not kick in sculling. It is only the hands which make small repetitive movements.

GAME: Partner Routine

Swimmers split into smaller groups or pairs and sent off for 5 minutes to prepare an aquatics skill routine. To include: Submersion, Somersaults, Jumps, Handstands, Floats, and anything else. Performed to the group and must be in time with each other.

Jumping Into Finish: Please use deeper water. A minimum of 0.9m

Warm Up (5 minutes)

GAME: Stuck in the Mud

Backstroke Kick (With and Without Float)

Main Activity (15 minutes)

Backstroke Kick with Single Arm

Arms

Full Stroke

GAME: Races

Contrast Activity (10 minutes)

Butterfly Legs

Sculling

GAME: Partner Routine

Jumping In

Lesson Objective: Breaststroke/Butterfly

Equipment needed: Float for each swimmer.

Warm Up (5 minutes)

GAME: Submersion

Swimmers required to do an obstacle course of different submersion tasks. Such as Underwater Push and Glides, Sinkers Collection, Handstands, Tuck Float Challenge etc. Swimmers are encouraged to choose the activities amongst themselves.

Warm Up: 200m (8 lengths) as 50m Frontcrawl (2), 50m Backstroke (2), 50m Breaststroke (2) and 50m Own Choice (2). Strokes can be repeated for the own choice.

Main Activity (20 minutes)

GAME: Circuits – The Main Activity is to be swam in a circuit formation. E.g. around the edges of the pool space. One circuit is from starting point, back to starting point.

Breaststroke Kick (With Float): ONE CIRCUIT OF EACH

- Breaststroke Kick with Float
- Breaststroke Kick as: 2 Kick to One Pull. No Float
- Breaststroke Legs with Arms extended in an outward sculling motion

Breaststroke Full Stroke

Swimmers attempt 4 x 25m (1 length), 2 x 50m (2 lengths) and 1 x 100m (4 lengths) of the stroke.

Butterfly Kick

Swimmers to complete 10-15m of dolphin leg kick. Swimmers are to keep knees together and attempt with arms by the side and arms in streamline. No set distance for this as swimmers may tire easily.

Butterfly Full Stroke

Using both arms, in a frontcrawl like motion at the same time. Swimmers should attempt to complete 2 x dolphin kicks to every 1 x Butterfly Stroke. No set distance but anything from 4 x 10m or 4 x 25m for the more competent swimmers.

Contrast Activity (5 minutes)

Sculling: Different styles of sculling, Front and Back, Forwards and Backwards, Sat in a chair shape. Let the swimmers explore with this. Swimmers made aware that the legs stay still and do not kick in sculling. It is only the hands which make small repetitive movements.

GAME: Partner Routine

Swimmers split in to smaller groups or pairs and sent off for 5 minutes to prepare an aquatics skill routine. To include: Submersion, Somersaults, Jumps, Handstands, Floats and anything else. Performed to the group and must be in time with each other.

Jumping In to Finish: Please use deeper water. A minimum of 0.9m

Warm Up (5 minutes)

GAME: Submersion

Warm Up: 200m (8 lengths) as 50m Frontcrawl (2), 50m Backstroke (2), 50m Breaststroke (2) and 50m Own Choice (2). Strokes can be repeated for the own choice.

Main Activity (20 minutes)

GAME: Circuits

Breaststroke Kick (With Float): ONE CIRCUIT OF EACH

Breaststroke Full Stroke as: 4 x 25m (4 x 1 lengths), 2 x 50m (2 x 2 lengths), 1 x 100m (1 x 4 lengths)

Butterfly Kick: 4 x attempts. 10-15m

Butterfly Full Stroke: 4 x attempts. 10-25m

Contrast Activity (5 minutes)

Sculling

GAME: Partner Routine

Jumping In