

Lesson Objective: Breaststroke Legs

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

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.

GAME: Body Push

Swimmer's travel around the pool (marked zone). When the whistle blows, they collect one of the objects in the zone. They must travel back to their starting position and only pushing the object with 1 body part. The game is repeated several times, and swimmers must change body parts each turn. This can be done using travel or swimming.

Main Activity (15 minutes)

Floating (Shapes): Swimmers lay on their back using a noodle to balance, trying to achieve a floating position on the surface of the water. Teacher names shapes such as: Ball, Tuck, Triangle, Star, Pencil, Line, Snap, and swimmers are to replicate the shape. This can also be done using flashcards or different colours represents different shapes.

Breaststroke Legs (Demonstration): Swimmers are to sit on the edge of the pool facing towards the pool. Teacher describes the shapes made during breaststroke and asks swimmers to replicate. Tuck, Star and Pencil. Teachers to ensure that the children's feet are turned out and toes dorsi-flexed (pulled back towards ears), especially during the transition between tuck to star phase of the kick.

Breaststroke Kick (Legs Practice on Back): Swimmers are told to put their noodles / wings on their back. Encourage swimmers not to use a square float as this causes body to curl – we want to see swimmers floating with an open chest. Swimmers complete the width creating the tuck-star-pencil shapes with their legs. To develop, ask the swimmers to hold the pencil shape for a count of 3. This will develop the glide of the kick.

GAME: Points Challenge

To develop the glide of the Breaststroke Leg Kick, Swimmers are given the challenge of counting how many Breaststroke Leg Kick's it takes them from one width of the pool to another. This can be done with/without aids. The aim is for the swimmers to be able to minimise this each attempt. The winner is the swimmer who can do the least amount of Leg Kicks.

Contrast Activity (10 minutes)

GAME: Underwater Tag

The swimmers line up against the wall of the pool. 1 or 2 swimmers are selected to be 'catchers'. The rest of the group must swim underwater past the catchers. If they get caught – they switch places with the catcher. Swimmers can attempt to swim underwater using different body positions (arms by side / arms in streamline) or in different ways (different leg kicks).

RED
GROUP

Warm Up (5 minutes)

Safe Entry: Sit and Swivel

GAME: Body Push

Main Activity (15 minutes)

Floating (Shapes)

Breaststroke Legs (Demonstration)

Breaststroke Kick (Legs Practice on Back)

GAME: Points Challenge

Contrast Activity (10 minutes)

GAME: Underwater Tag

Lesson Objective: Breaststroke

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

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.

GAME: Body Push

Swimmer's travel around the pool (marked zone). When the whistle blows, they collect one of the objects in the zone. They must travel back to their starting position and only pushing the object with 1 body part. The game is repeated several times, and swimmers must change body parts each turn. This can be done using travel or swimming.

Main Activity (15 minutes)

Floating (Shapes): Swimmers lay on their back without aids trying to achieve a floating position on the surface of the water. Teacher names shapes such as: Ball, Tuck, Triangle, Star, Pencil, Line, Snap, and swimmers are to replicate the shape. This can also be done using flashcards or different colours represents different shapes

Breaststroke Legs (With a Noodle on Front): Now that the swimmers can combine their floating on their back, with the shapes used in a Breaststroke Leg Kick – the swimmers are then to use a noodle on their front. Having the Noodle under their armpits for support, the swimmers are to create a rocket (streamline) shape with their arms. The aim is to complete the width with the arms remaining on the surface of the water. The swimmers could hold an object out in-front of them to encourage them to do this.

GAME: Points Challenge

To develop the glide of the Breaststroke Leg Kick, Swimmers are given the challenge of counting how many Breaststroke Leg Kick's it takes them from one width of the pool to another. This can be done with/without aids. The aim is for the swimmers to be able to minimise this each attempt. The winner is the swimmer who can do the least amount of Leg Kicks.

Breaststroke (FULL): Discussion and demonstration to the swimmers about the Arms of Breaststroke. A way to teach this is by getting the swimmers to draw a pizza shape in the water, and then cut it in half. Swimmers can practice this in pairs copying each other stationary, walking across the pool, or with a noodle to aid travel.

Contrast Activity (10 minutes)

GAME: Underwater Tag

The swimmers line up against the wall of the pool. 1 or 2 swimmers are selected to be 'catchers'. The rest of the group must swim underwater past the catchers. If they get caught – they switch places with the catcher. Swimmers can attempt to swim underwater using different body positions (arms by side / arms in streamline) or in different ways (different leg kicks). Things like Sinkers can be used as added extra 'points' or 'lives' in the game.

Warm Up (5 minutes)

Safe Entry: Sit and Swivel

GAME: Body Push

Main Activity (15 minutes)

Floating (Shapes)

Breaststroke Legs (With a Noodle on Front)

GAME: Points Challenge

Breaststroke (FULL)

Contrast Activity (10 minutes)

GAME: Underwater Tag

Lesson Objective: Breaststroke

Equipment needed: Float for each swimmer. Ball to use to pass.

Warm Up (5 minutes)

GAME: Keepy Uppy

As an icebreaker to the lesson – swimmers are in a circle and try to pass a ball around the group without the ball touching the water. If 6 swimmers or more, the class can be split into smaller groups. The group who achieves the most passes wins.

Breaststroke Kick (With and Without Float): Swimmers practice their kick both on their fronts or a back. This can be done with or without 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)

GAME: Points Challenge

To develop the glide of the Breaststroke Leg Kick, Swimmers are given the challenge of counting how many Breaststroke Leg Kick's it takes them from one width of the pool to another. This can be done with/without aids. The aim is for the swimmers to be able to minimise this each attempt. The winner is the swimmer who can do the least amount of Leg Kicks.

Breaststroke Legs (With a Noodle on Front): Now that the swimmers can combine their floating on their back, with the shapes used in a Breaststroke Leg Kick – the swimmers are then to use a noodle on their front. Having the Noodle under their armpits for support, the swimmers are to create a rocket (streamline) shape with their arms. The aim is to complete the width with the arms remaining on the surface of the water. The swimmers could hold an object out in-front of them to encourage them to do this.

Breaststroke Arms and Timing: Swimmers are to practice 3 Kicks – 1 Pull. (Kick-Kick-Kick-Pull), then 2 Kicks- 1 Pull. (Kick-Kick-Pull) then 1 Kick and 1 Pull. (Kick-Pull-Kick-Pull). Recommended would be a width / length of each drill. The Kick's should be completed whilst the swimmer is in streamline position with their face in the water. At the Pull Phase – the swimmer takes a breath. This should assist in the correct timing on a Breaststroke Pull. The Pull should be taught to the swimmer to try return to Streamline as fast as possible, only pulling slightly wider than shoulder width.

GAME: Darts

3 defined Markers across a distance (floats or cones can be used) such as 3m / 5m / 7m. Swimmers are to practice a Push and Glide Shape underwater. They get points for each marker they achieve underwater. Swimmers are then asked to travel to the end of the width breaststroke.

Contrast Activity (10 minutes)

GAME: Shipwreck

Various sinking / floating equipment is thrown in the pool. Swimmers are put into teams, and they must always swim Head Up Breaststroke. Swimmers may be asked to swim with a cone/toy on their head to help them remember this. The team the wins is the team that collects the most objects or the team that creates the best statue with their objects.

Warm Up (5 minutes)

GAME: Keepy Uppy

Breaststroke Kick (With and Without Float)

Main Activity (15 minutes)

GAME: Points Challenge

Breaststroke Legs (With a Noodle on Front)

Breaststroke Arms and Timing

GAME: Darts

Contrast Activity (10 minutes)

GAME: Shipwreck

Lesson Objective: Individual Medley (I.M)

Equipment needed: Float for each swimmer.

Warm Up (5 minutes)

GAME: Keepy Uppy

As an icebreaker to the lesson – swimmers are in a circle and try to pass a ball around the group without the ball touching the water. If 6 swimmers or more, the class can be split into smaller groups. The group who achieves the most passes wins.

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 (15 minutes)

Individual Medley Push and Glides: Swimmers complete 10m Push and Glides and 2 x 25m of each Stroke. Push and Glides should achieve Streamline Position. Order:

- Butterfly / Backstroke / Breaststroke / Front crawl.

Individual Medley Kick: ONE WIDTH OF EACH CIRCUIT THEN SWAP STROKE

- This can be repeated With / Without a float.

Individual Medley Full Stroke: TWO CIRCUITS as 2 x Widths or 1 x Length of Each Stroke.

ORDER: Butterfly, Backstroke, Breaststroke, Frontcrawl

GAME: Individual Medley Races: Lead by the teacher. Can be done in waves or relay formation. Races of each stroke then a team relay Race where each swimmer does 1 x stroke.

Contrast Activity (10 minutes)

GAME: Shipwreck

Various sinking / floating equipment is thrown in the pool. Swimmers are put into teams, and they must always swim Head Up Breaststroke. Swimmers may be asked to swim with a cone/toy on their head to help them remember this. The team the wins is the team that collects the most objects or the team that creates the best statue with their objects.

Warm Up (5 minutes)

GAME: Keepy Uppy

Warm Up: 200m as: (8 lengths)

50m Frontcrawl (2 lengths)
50m Backstroke (2 lengths),
50m Breaststroke (2 lengths)
50m Own Choice (2 lengths)

Main Activity (15 minutes)

Individual Medley Push and Glides

Individual Medley Kick: ONE WIDTH OF EACH CIRCUIT THEN SWAP STROKE

Individual Medley Full Stroke: TWO CIRCUITS as 2 x Widths or 1 x Length of Each Stroke.

GAME: Individual Medley Races

Contrast Activity (10 minutes)

GAME: Shipwreck