

# **101 Swimming Lesson Plans**

**for swimming teachers**

Ready-made lesson plans for swimming teachers that  
take the hard work out of planning

**Mark Young**

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## Lesson Plan Layout

### Lesson Plan #2

**Lesson type:** full stroke front crawl

**Level:** adult or child intermediate

**Previous learning:** basic front crawl technique

**Lesson aim:** to progress and develop the whole stroke

**Equipment:** floats, pull buoys, sinkers and hoop

**Lesson type:** the part of front crawl that this lesson focuses on. For example, **Front Crawl Breathing Technique**.

**Level:** who the lesson is aimed at if they are beginners, intermediate or advanced level. For example, **Child Beginner**.

**Previous learning:** the aspects of swimming the pupil is expected to have covered before this lesson. For example, **basic front paddle**. The pupil is *not* expected to have completely mastered an aspect of swimming but should have had some experience of learning it.

**Lesson aim:** the lesson objective or desired outcome of the lesson. For example, 'to learn basic breaststroke leg kick'.

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# Lesson Plan #3

**Lesson type: confidence building**

**Level:** child beginner

**Previous learning:** entering and moving around in the water

**Lesson aim:** to build and develop water confidence




**Equipment:** buoyancy aids, floating toys, sinkers, and watering cans




Exercise/Activity	Teaching Points	Organisation	Duration
<b>Entry:</b> swivel entry or using the pool steps	take your time	all together	1 min
<b>Warm up:</b> holding the poolside, bouncing up and down	slowly at first	all together	2 mins
walking through the water splashing the hands	big splashes	all together	3 mins
holding the poolside and blowing bubbles	let the bubbles tickle your nose	all together	2 mins
cupping water in hands pretending to wash the face	wash your face	all together	3 mins
sprinkling water over the head	wet your hands and wet your face	one by one	2 mins
holding the poolside and kicking the legs	splash your feet	waves	3 mins
blowing a toy across the water surface	deep breath and blow	waves	3 mins
<b>Contrasting Activity:</b> breath holding and submerging the mouth and nose	deep breath and hold it all in	waves	3 mins
submerging to collect an object	eyes open	one by one	3 mins
<b>Exit:</b> using the pool steps	take your time	one by one	1 min

Total time: 26 minutes

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## Lesson #3 Assessment

<b>Lesson Objective:</b> to build and develop water confidence		
<b>Below average</b>	<b>Average</b>	<b>Above average</b>
		
<b>Attempts to demonstrate but does not show the correct technique</b>	<b>Able to perform most of the technique correctly some of the time</b>	<b>Performs the technique correctly most of the time</b>

<b>Assessment</b>			
Walk through shallow water			
Wets their hands and then face			
Allows water to be sprinkled over the head			
Blows bubbles at the water surface			
Kicks legs and makes a splash			

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# Lesson Plan #17

**Lesson type: floating and gliding**

**Level:** adult beginner

**Previous learning:** being used to the water and face submerging

**Lesson aim:** to learn and gain confidence in floating and gliding




**Equipment:** woggles, floats and other buoyancy aids if needed




Exercise/Activity	Teaching Points	Organisation	Duration
<b>Entry:</b> using the pool steps	take your time	all together	1 min
<b>Warm up:</b> Moving through the water at shoulder depth, blowing bubbles	relax and blow	all together	2 mins
<b>Main theme:</b> prone star float with buoyancy aids or teacher support as needed	face in the water	one by one	3 mins
push and glide towards the side and regain standing with buoyancy aids as needed	legs together	waves	3 mins
push and glide away from the the side and regain standing with buoyancy aids as needed	stretch arms in front	waves	3 mins
supine star float with buoyancy aids or teacher support as needed	head back and relax	one by one	3 mins
push and glide on the back, away from the side	chest and hips up	waves	3 mins
mushroom float and regain standing	chin on chest	waves	3 mins
<b>Contrasting Activity:</b> push and glide adding kicking	slow relaxed kicks	waves	3 mins
Choose one exercise from this lesson to repeat	choose something you found tricky	one by one	4 mins
<b>Exit:</b> using the pool steps	take your time	one by one	1 min

Total time: 29 minutes

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## Lesson #17 Assessment

<b>Lesson Objective:</b> to learn and gain confidence in floating and gliding		
<b>Below average</b>	<b>Average</b>	<b>Above average</b>
		
<b>Attempts to demonstrate but does not show the correct technique</b>	<b>Able to perform most of the technique correctly some of the time</b>	<b>Performs the technique correctly most of the time</b>

<b>Assessment</b>			
Regain standing with buoyancy aids			
Glide towards the poolside			
Float in a supine position (with aids if needed)			
Float in a prone position (with aids if needed)			
Regain standing from a floating position			
Glide away from the poolside and regain standing			

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# Lesson Plan #51

**Lesson type:** breaststroke leg kick

**Level:** adult or child beginner

**Previous learning:** basic front paddle and gliding

**Lesson aim:** to learn basic breaststroke leg kick




**Equipment:** floats or kick-boards, buoyancy aids as necessary and hoop




Exercise/Activity	Teaching Points	Organisation	Duration
<b>Entry:</b> swivel entry	enter slowly	all together	1 min
<b>Warm up:</b> 2 widths any stroke using buoyancy aids	take your time	all together	3 mins
<b>Main Theme:</b> sitting the poolside demonstrating kicking action	Diamond, star, crocodile snap!	all together	2 mins
full stroke with buoyancy aids	kick like a frog	all together	3 mins
kicking with a float held under each arm	kick around and together	waves	3 mins
kicking supine with a float held under each arm	turn out your feet like a penguin	waves	4 mins
kicking with one float held in front	kick and glide	waves	3 mins
full stroke with buoyancy aids if necessary	breathe, kick, glide	all together	3 mins
<b>Contrasting Activity:</b> supine star float	chin to chest	one by one	2 mins
push and glide through a hoop	hands and feet together	one by one	2 mins
<b>Exit:</b> using the pool steps	take your time	one by one	1 min

Total time: 27 minutes

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## Lesson #51 Assessment

<b>Lesson Objective:</b> to learn basic breaststroke leg kick		
<b>Below average</b>	<b>Average</b>	<b>Above average</b>
		
<b>Attempts to demonstrate but does not show the correct technique</b>	<b>Able to perform most of the technique correctly some of the time</b>	<b>Performs the technique correctly most of the time</b>

<b>Assessment</b>			
Legs kick simultaneously in a circular path			
Feet turn outwards			
Feet return together			
Kick is followed by a glide			

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