



## Lesson Sequences

Lesson plans are laid out in a sequence (beginner, intermediate, advanced) to give the teacher easy reference to other lessons, exercises and activities in the sequence. This should allow for easier differentiation across varying abilities.

Lesson plans do not have to be followed in sequence, although they can be if you wish. Each plan has its own aim and therefore can be used in sequence with other lessons aimed at that level, to suit the individual pupil or pupils.

**These lesson plans and the exercises and activities in them are set out as a guide.**

Every pupil is different and will interpret and respond to exercises and teaching points in their own way, therefore as a swimming teacher it is important to be flexible in your approach. In other words, where a pupil is finding a particular exercise difficult, choose an easier exercise from a previous plan. Where a pupil is not quite grasping the concept of what you are teaching, try using a different phrase or teaching point.

## Teaching Points

Teaching points are our 'magic words'. Having a variety of them in our virtual tool kit can be extremely useful. For example, when you say to a pupil 'point your toes and they just don't get it, you change the teaching point to 'kick with floppy feet'. All of sudden they are kicking with relaxed ankles and pointed toes.

Learning to be creative with our teaching points can be a very powerful skill and can be the difference between a pupil struggling and that light bulb moment when they suddenly understand and can do it.

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# Lesson Plan #1

**Lesson type:** full stroke backstroke

**Level:** adult or child beginner

**Previous learning:** basic alternating kicking and supine floating

**Lesson aim:** to learn the basics of backstroke and experience the whole stroke




**Equipment:** floats, woggle, buoyancy aids if needed and hoop




Exercise/Activity	Teaching Points	Organisation	Duration
<b>Entry:</b> swivel or steps entry	enter slowly	all together	1 min
<b>Warm up:</b> 2 widths any stroke with buoyancy aids if needed	take your time	all together	3 mins
<b>Main Theme:</b> kicking supine with a woggle under the arms	relax and kick	all together	2 mins
supine push and glide, holding floats if needed	hips up and stretch	waves	3 mins
supine kicking with a float held on the chest	kick with pointed toes	waves	3 mins
single arm pulls with a float held on the chest	arm stretches up and back	waves	3 mins
single arm pulls using the opposite arm with a float held on the chest	fingers together	waves	3 mins
2 widths full stroke backstroke	kick and pull continuously	waves	3 mins
<b>Contrasting Activity:</b> prone star float	deep breath and relax	2 or 3 at a time	3 mins
sitting dive through a hoop at the surface	head tucked down	2 or 3 at a time	3 mins
<b>Exit:</b> using the pool steps or over the poolside	take your time	one by one	1 min

Total time: 28 minutes

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## Lesson #1 Assessment

<p><b>Lesson Objective:</b> to learn each part of basic backstroke and experience the whole stroke.</p>		
Below average	Average	Above average
		
<p><b>Attempts to demonstrate but does not show the correct technique</b></p>	<p><b>Able to perform most of the technique correctly some of the time</b></p>	<p><b>Performs the technique correctly most of the time</b></p>

Assessment			
Head is facing upwards			
Hips are at or near the surface			
Legs kick alternately			
Toes are pointed			
Arm pulls are continuous			

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# Lesson Plan #7

**Lesson type:** backstroke leg kick

**Level:** adult or child beginner

**Previous learning:** basic back paddle

**Lesson aim:** to learn basic backstroke kicking action




**Equipment:** floats, buoyancy aids, sinkers 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	slow and gentle swim	all together	3 mins
<b>Main Theme:</b> sitting on poolside, kicking legs	kick from your hips	all together	2 mins
kicking with woggle under arms	kick with floppy feet	waves	3 mins
kicking with a float held behind the head	push hips to the surface	waves	3 mins
kicking with a float held on the chest	kick with straight legs	waves	3 mins
push and glide, adding leg kicks	pointed toes	waves	3 mins
full stroke backstroke	continuous leg kick	waves	3 mins
<b>Contrasting Activity:</b> jump in and swim through a hoop	jump away from the side	one by one	3 mins
submerging to collect an object	deep breath and relax	2 or 3 at a time	3 mins
<b>Exit:</b> using the pool steps or over the poolside	take your time	one by one	1 min

Total time: 28 minutes

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## Lesson #7 Assessment

<b>Lesson Objective:</b> to learn basic backstroke leg kicking action.		
<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 kicks are alternating			
Legs are straight and together			
Kick comes from the hips			
Toes are pointed			

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