

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, chose 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 breaststroke

Level: adult or child beginner

Previous learning: Child - basic front paddle Adult - none




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




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

Exercise/Activity	Teaching Points	Organisation	Duration
Entry: swivel or steps entry	enter slowly	all together	1 min
Warm up: 2 widths any stroke with buoyancy aids if needed	take your time	all together	3 mins
Main Theme: full stroke, slowly with a woggle under the arms	pull in a circle, kick in a circle	all together	2 mins
push and glide, holding floats if needed	stretch out and relax	waves	3 mins
supine kicking with woggle under arms	turn out your feet	waves	3 mins
arm pulls, walking through shallow water	keep hands underwater	waves	4 mins
arm pulls with breathing, woggle under the arms	blow your hands forwards	waves	3 mins
full stroke, with buoyancy aids if needed	pull <i>then</i> kick	waves	3 mins
Contrasting Activity: supine star float	stretch out 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
Exit: using the pool steps or over the poolside	take your time	one by one	1 min

Total time: 29 minutes

Lesson #1 Assessment

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

Assessment			
Arms pull in a circular path			
Legs kick in a circular path			
Feet attempt to turn outwards			
Exhalation takes place underwater			
Arm pull and leg kick sequence is continuous			

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Lesson Plan #7

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
Entry: swivel entry	enter slowly	all together	1 min
Warm up: 2 widths any stroke using buoyancy aids	take your time	all together	3 mins
Main Theme: 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
Contrasting Activity: 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
Exit: using the pool steps	take your time	one by one	1 min

Total time: 27 minutes

Lesson #7 Assessment

Lesson Objective: to learn basic breaststroke leg kick and introduce breathing.		
Below average	Average	Above average
		
Attempts to demonstrate but does not show the correct technique	Able to perform most of the technique correctly some of the time	Performs the technique correctly most of the time

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

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