



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 butterfly

Level: adult or child beginner

Previous learning: basic front paddle

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




Equipment: 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: standing on the poolside showing hip movement	pretend you are a belly dancer	all together	2 mins
push and glide adding leg kicks, use a woggle if needed	legs together	waves	3 mins
push and glide adding arm pulls	arms enter together	waves	3 mins
push and glide with woggle if needed - add arms, legs and breathing	blow out into the water	waves	3 mins
push and glide adding arm pulls and leg kicks	2 kicks to one arm pull	waves	3 mins
2 widths full stroke butterfly	kick and pull continuously	waves	3 mins
Contrasting Activity: 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
Exit: 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

Lesson Objective: to learn each part of basic butterfly 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			
Face is submerged			
Hips attempt to undulate			
Legs kick together			
Arms enter together			
Attempts 2 kicks to 1 arm pull			

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Lesson Plan #7

Lesson type: butterfly leg kick

Level: adult or child beginner

Previous learning: basic front paddle and submerging

Lesson aim: to learn basic dolphin kick action




Equipment: floats and buoyancy aids if needed




Exercise/Activity	Teaching Points	Organisation	Duration
Entry: swivel entry	enter slowly	all together	1 min
Warm up: 2 widths any stroke using buoyancy aids	slow and gentle swim	all together	3 mins
Main Theme: sitting on the poolside, legs in the water	kick out like you are on a swing	all together	2 mins
holding the poolside, slow dolphin kick action	kick like a mermaid	all together	2 mins
dolphin leg kicks - holding a float if needed	show your dolphin tail	waves	3 mins
push and glide adding dolphin kicks	kick with both legs together	waves	3 mins
dolphin kick in a supine position	flick your feet upwards	waves	3 mins
2 widths dolphin kick, arms by the sides	face down	waves	3 mins
Contrasting Activity: supine star float	relax and stretch	all together	3 mins
pencil jump	jump outwards	one by one	3 mins
Exit: using the pool steps or over the poolside	take your time	one by one	1 min

Total time: 27 minutes

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Lesson #7 Assessment

Lesson Objective: to learn basic dolphin kick action.		
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 kicks are simultaneous			
Toes are pointed			
Legs remain together			
Kick comes from body movement			

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