

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.

[Download the complete set of lesson plans here](#)

Lesson Plan #1

Lesson type: full stroke front crawl stroke

Level: adult or child beginner

Previous learning: basic front paddle




Lesson aim: to learn each part of basic front crawl and experience the whole stroke




Equipment: floats, buoyancy aids 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: push and glide, holding a float if needed	stretch out and glide	one by one	2 mins
kicking whilst holding a float under each arm	kick with floppy feet	all together	2 mins
single arm pull with a float held under one arm. repeat with opposite arm.	elbow leads out first	waves	4 mins
holding a float with a diagonal grip. repeat with head turning to the opposite side.	turn head to the bent elbow	waves	4 mins
alternate arm pulls holding float out in front	Count '1,2,3' each pull	waves	3 mins
full stroke front crawl	continuous arm pulls and leg kicks	waves	3 mins
Contrasting Activity: jumping entry and swim through a hoop	jump away from the side	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

<p>Lesson Objective: to learn each part of basic front crawl and experience the whole stroke.</p>		
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 in and out of the water as they move across the pool			
Kick leg is alternating			
Arms recover over the water surface			
Able to breathe without pausing			
Leg kicks and arm pulls are continuous			

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Lesson Plan #4

Lesson type: front crawl body position

Level: adult or child beginner

Previous learning: basic front paddle and submerging the face

Lesson aim: to learn basic front crawl body position




Equipment: floats, buoyancy aids 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: standing, holding the poolside and submerging	deep breath and relax	all together	2 mins
holding the poolside in a horizontal position and submerging face	arms out stretched	all together	3 mins
push and glide with floats under each arm	relax and glide	one by one	4 mins
push and glide with a float held in both hands	stretch out, point toes	all together	3 mins
push and glide without buoyancy aids	hands together	waves	2 mins
push and glide adding front crawl stroke	stretch out and relax	waves	3 mins
Contrasting Activity: submerging to collect an object	take your time	2 or 3 at a time	4 mins
tuck (mushroom) float	chin and knees to chest	all together	2 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 #4 Assessment

Lesson Objective: to learn basic front crawl body position.		
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			
Body position is flat			
Legs and feet are together			
Hands are together			
Hips are level			
Shoulders are level			

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