

Example Swimming Lesson Plan

Date: <i>1st Aug 08</i>	Time: <i>4.00</i> am/pm	No. in Class: <i>5</i>	Pool depth: <i>1.2</i> m
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Ability: <i>(beginners)</i> improvers advanced	Venue: <i>Herts Leisure Centre</i>
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Equipment required: <i>(woggles)</i> <i>(floats)</i> pullbuoy <i>(floaters)</i> <i>(sinkers)</i> fins

Aim of Lesson: *Introduce breaststroke and gain confidence with face submersion*

Practice/Activity	Teaching Points	Organisation	Duration
Entry <i>Swivel entry</i>	<i>Slowly</i>	<i>All together</i>	<i>30 secs</i>
Warm Up <i>2 widths any stroke with woggle</i>	<i>Kick continuously</i>	<i>All together</i>	<i>3 mins</i>
Main Theme <i>2 widths full stroke breaststroke with woggle</i>	<i>Pull with both hands at the same time</i>	<i>All together</i>	<i>3 mins</i>
<i>Static practice seated on poolside</i>	<i>Kick like a frog</i>	<i>All together</i>	<i>3 mins</i>
<i>2 widths supine with woggle</i>	<i>Turn your feet out</i>	<i>One at a time</i>	<i>3 mins</i>
<i>2 widths on the front with a float under each arm</i>	<i>Kick and glide</i>	<i>One at a time</i>	<i>3 mins</i>
<i>2 widths walking using arms</i>	<i>Keep your fingers together</i>	<i>All together</i>	<i>3 mins</i>
<i>2 widths on front with woggle</i>	<i>Blow your hands forwards</i>	<i>One at a time</i>	<i>3 mins</i>
<i>2 widths full stroke with woggle</i>	<i>Pull, kick and glide</i>	<i>All together</i>	<i>3 mins</i>
Contrasting Activity <i>Prone star float with a woggle</i>	<i>Hold your breath</i>	<i>All together</i>	<i>2 mins</i>
<i>Pick up a stick held under the water</i>	<i>Reach for the stick with your eyes open</i>	<i>One at a time</i>	<i>3 mins</i>
Exit <i>Using the pool steps</i>	<i>Take your time</i>	<i>One at a time</i>	<i>30 secs</i>

Notes	Total Duration: <i>30</i> minutes
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This swimming lesson plan is taken from
How To Be A Swimming Teacher, by Mark Young.

Scroll down for a **blank plan** to use for your own lessons.

For more swimming lesson drills and practices check out

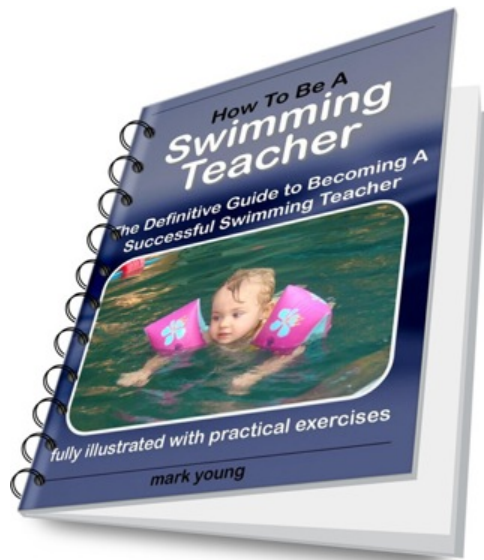
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LESSON PLAN

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Ability: beginners improvers advanced	Venue:
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Equipment required: woggles floats pullbuoy floaters sinkers fins

Aim of Lesson:

Exercise/Activity	Teaching Points	Organisation	Duration
Entry			
Warm Up			
Main Theme			
Contrasting Activity			
Exit			

Notes	Total Duration: minutes
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