



swim start 4

lesson plans



LEVEL FOUR LESSON PLANS

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Pre Assessment:

Learners must demonstrate the following skills before beginning Level 4

- ✓ Symmetrical Breaststroke leg action with both feet turned out and simultaneous kick
- ✓ Demonstrate 15m Freestyle with controlled arm actions and breathing
- ✓ Demonstrate 15m Backstroke with controlled arm action and relaxed breathing

Level Four Learning Intention

To develop endurance in Freestyle, Backstroke and Breaststroke swimming with increasingly accurate technique and to increase Water Safety awareness including safe dives.

N.B. Lessons 2-4 focus on Freestyle
Lessons 5-7 focus on Backstroke and
Lessons 8-10 focus on Breaststroke

You may need to “pick and choose” different progressions for different group members as they progress.

Level Four Learning Outcomes

Learners should be able to consistently demonstrate the following criteria

- 4.1 Safe Dives
- 4.2 Dolphin Body Action
- 4.3 Individual Survival Initiatives and Assistance Signal
- 4.4 25m Freestyle
- 4.5 25m Backstroke
- 4.6 25m Breaststroke
- 4.7 15m Survival Backstroke

The following lesson plans are suggested programmes for completing the objectives. There will, of course be many variables to take into consideration. These can be some or all of the following:

- **Diving should only ever be taught in pools deeper than 1.2m unless supported from inside the pool.**
- Teachers running lessons for 10min may have to omit some activities where as teachers with 30min lessons may need to be creative and add further activities which enhance or support the activities suggested.
- You may, at any time, extend your swimmers learning.
- To ensure good technique, start on a shorter distance with lots of rests. Then gradually increase the distance over time as the skill becomes developed.
- Details of games and fun activities are listed in the back of these plans.
- **Recommended group size:** 6 students, maximum 12 students
- **Pool depth:** Between 0.8m min unless diving, then 1.2m minimum depending on height of student no more than chest depth for the students!

- **Size of space:** 15-25m mainly lane swimming format.
- **Lesson duration:** 10min to 30min max.
- Wherever possible please ensure that all equipment used is maintained and used appropriately.

Risk Management considerations:

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Safety management plans for your programmes must include...

- Access to 1st Aid, CPR and rescue techniques
- Supervision

Special characteristics of this ability group:

- Hair must be tied back for breathing
- Goggles may encourage children to open eyes; however, goggle straps should be fitted at home and tested in the bath to ensure no leaks. When putting goggles on they should be held on the eyes with one hand and the other hand used to slide the strap over the back of the head. encourage for children swimming for 15min or more in chlorinated pools, however, see notes on organisation.
- Kick boards are mentioned but any smaller buoyant object may be better.
- Lane etiquette/formations should be introduced at this level.
- Dry land Breast stroke leg action practices are essential.
- All exercises illustrated in these plans may be repeated many times giving one clear focus or teaching point at a time.

Always reinforce good practice with positive comments!

If these plans are not clear, please call your local REM!

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ALWAYS REMEMBER THE FOUNDATION SKILLS



**IN
(Entry)**



**THROUGH
(Balance)**



**UNDER
(Bouyancy)**



**ON
(Breathing)**

ESSENTIAL SEQUENCING

Lesson 1

Learning Outcomes: To consolidate skills learnt in Level Three

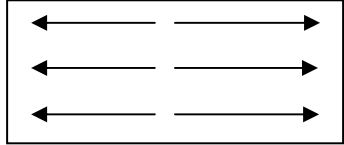
Equipment needed:

- Cone to mark the distance if required
- 5 – 10 Sinking Rings (as many as possible)

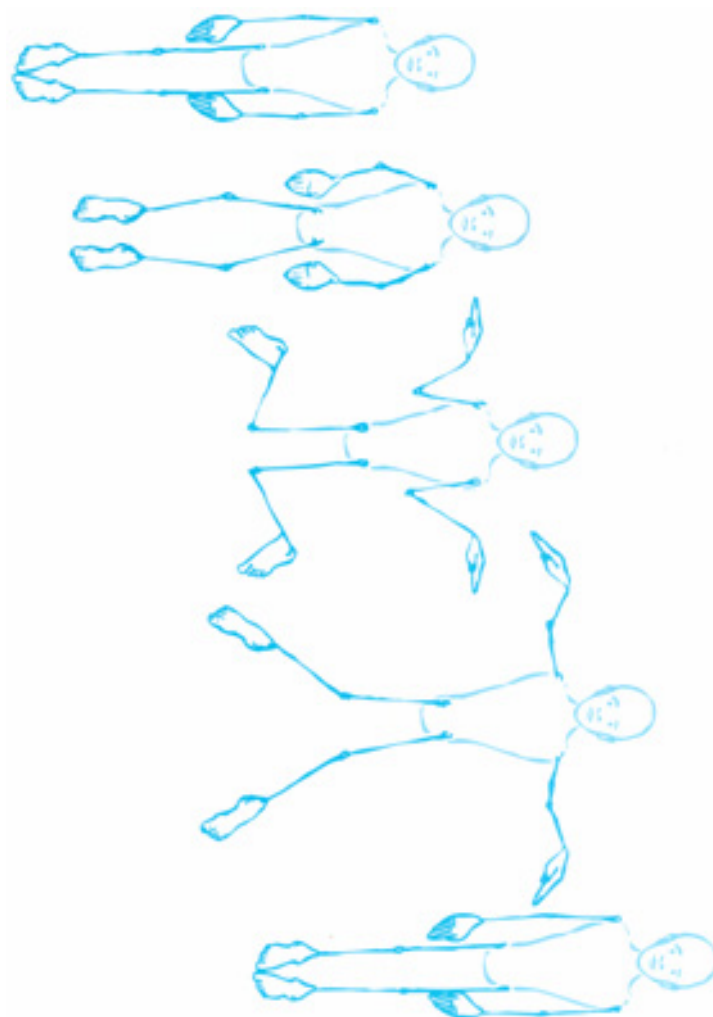
Success Criteria:

By the end of this lesson learners should be able to:

- ☑ Swim 15 m Freestyle, Backstroke and sculling competently, coordinating arm action and breathing
- ☑ Practice Breaststroke arm and leg action
- ☑ Attempt full Breaststroke

Intro/Activity	Teaching Points	Equipment/Organisation
<p>Choice of entry appropriate to the venue</p> <p>3 Person relay</p> <p>“Crocodiles and crabs”</p> <p>Streamlining on back with kick</p> <p>Streamlining on front with kick, and one stroke, roll to breathe</p>	<ul style="list-style-type: none"> • Safe controlled entry • Maintain contact with the wall until feet on the pool floor • Running • Jumping • Hopping • Swimming • Kicking • Two groups stand in a line back to back at half way • When Crabs are called they turn to chase the crocodiles who are rushing to the safety of the side • Arms extended above head arms by ears • Hands held in “turtles” • Tall bodies • Eyes to the sky • Make the “turtle” with hands stretched out in front • Eyes to the floor • Long loose legs, “flippy floppy” feet • Roll in to the breathing position when needed with one slow controlled arm stroke • Return to the “turtle” and keep kicking 	<ul style="list-style-type: none"> • When practising in a large group number students in two’s • Use a designated area <div data-bbox="1117 856 1458 999" style="border: 1px solid black; padding: 5px; text-align: center;">  </div> <ul style="list-style-type: none"> • Attempt 15m without stopping • Cone to show the distance • Repeat Practice over 10-15m
<p>Teaching progression</p>	<p>Teaching Points</p>	<p>Equipment/Organisation</p>
<p>Survival Backstroke Leg action</p> <p>Survival Backstroke arm action</p>	<ul style="list-style-type: none"> • Leg action is Breaststroke kick on back • Knees should not break surface • Emphasise glide phase • Sculling action with arms in time with leg kick 	<p>PICTURE ASTA Manual Page 87</p> <ul style="list-style-type: none"> • E.g. action sitting on edge of pool or similar • Thighs unsupported, leaning back • Knees slightly apart • Limited hip flexion • Feet move outside line of knees

Game/Conclusion	Teaching Points	Equipment/Organisation
<p>"Chariot races"</p> <p>Retrieve sinking object and kick back keeping it dry</p> <p>Safe exit</p>	<ul style="list-style-type: none"> Stand in pairs one behind the other facing in the same direction Back partner holds front partner at waste on teachers signal front partner runs and digs the water with arms while the back partner floats and kicks legs At other side of pool change places and repeat Swim out to the object Submerge to retrieve Return kicking either Breaststroke or Backstroke kick holding the object just above the surface 	<div data-bbox="1118 308 1456 453" style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> </div> <ul style="list-style-type: none"> Sinking objects for the group



Survival Backstroke

Lesson 2 - 4

Learning Outcomes: To progressively build skills and endurance in Freestyle and introduce dolphin body action

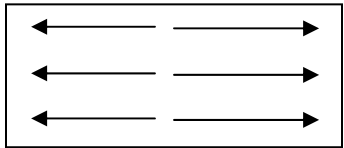
Success Criteria:

By the end of this lesson children should be able to:

- Increase efficiency in Freestyle stroking and breathing in order to complete longer distances comfortably
- Demonstrate a basic dolphin body action

Equipment needed:

- Cone to mark distance if required
- Hoops for Dolphin Dives

Intro/Activity	Teaching Points	Equipment/Organisation
Choice of entry appropriate to the venue	<ul style="list-style-type: none"> • Safe controlled entry • Maintain contact with the wall until feet on the pool floor 	<ul style="list-style-type: none"> • When practising in a large group number students in two's • Use a designated area
Revision from last level	Teaching Points	Organisation/Equipment
<p>"Crocodiles and crabs"</p> <p>Or</p> <p>Alternative active movement game</p> <p>Streamlining on front, kicking, and one stroke, roll to breathe (Repeat with breathing to the other side)</p> <p>Kick on side in Freestyle breathing position (Repeat on other side)</p> <p>Freestyle swimming without breathing for 10m</p> <p>Swim Freestyle 15-25m 4 strokes and breathe "1,2,bubbles,breathe"</p> <p>Repeat with breathing to the other side</p>	<ul style="list-style-type: none"> • Two groups stand in a line back to back at half way • When Crabs are called they turn to chase the crocodiles who are rushing to the safety of the side • Make the "turtle" with hands stretched out in front • Eyes to the floor • Long loose legs, "flippy floppy" feet • Roll onto the breathing position when needed with one slow controlled arm stroke • Return to the "turtle" and keep kicking • Right arm extended and held still, left arm over left thigh (no paddling) • Back of head on right arm • Kick on side, aim for 15m • Kick on side for 10 kicks, • Take 3 strokes with the eyes looking to the pool floor then 10 kicks on the left side • Count your strokes over the distance • Aim to decrease the number of strokes over the same distance • Push and glide • Add leg action • 4 smooth, controlled, strokes and roll into breathing position • Start in the streamline position • ("1,2,bubbles,breathe") • Repeat 	<div style="border: 1px solid black; padding: 5px; text-align: center;">  </div> <ul style="list-style-type: none"> • Extend practice over 15-25m • This may mean 3 x 10m practices • Cone to mark the distance • Extend practice over 15-25m • This may mean 3 x 10m practices • Encourage balance and control to maintain position on side • Attempt 15-25m without stopping (N.B. this may be 3 x 10m) • Repeat encouraging controlled movements
Teaching progression	Teaching Points	Equipment/Organisation
<p>Dolphin Dives- 15m</p> <p>-Repeat with short quick dolphin dives</p> <p>-Repeat with long slow dolphin dives</p>	<ul style="list-style-type: none"> • Imagine diving into one hoop and out of another • Tuck the chin in • Arms over head • Body follows through the hole made by your finger tips 	<ul style="list-style-type: none"> • Leg action sitting on edge of pool or similar • Thighs unsupported, leaning back • Use hoops if available to aid in body undulation

<p>Dolphin body action</p> <ul style="list-style-type: none"> -On front arms at the sides -On front arms extended over head -On back arms at the sides 	<ul style="list-style-type: none"> • Push-off in streamline • Initiate the movement by pressing chest down into the water to initiate a loose "dolphin like" body action • The chest and hips should alternate to create the movement 	<ul style="list-style-type: none"> • Knees slightly apart • Limited hip flexion • Feet move outside line of knees • Try to progress 5-10m
<p>Game/Conclusion</p>	<p>Teaching Points</p>	<p>Equipment/Organisation</p>
<p>"Knots"</p> <p>Or another challenge or fun activity</p> <p>"Relays"</p> <p>Safe exit using the ladder or push and hook</p>	<ul style="list-style-type: none"> • From WSNZ Aquatic Activities for Secondary Schools Page 7 • Even groups of 3 or more • Kicking different strokes • Swimming different strokes • Swimming and counting arm strokes, (the team with the fewest continuous arm strokes wins) 	

Lesson 5 - 7

Learning Outcomes: To progressively build skills and endurance in Backstroke and introduce diving or personal survival techniques

Success Criteria:

By the end of this lesson learners should be able to:

- Increase efficiency in Backstroke in order to complete longer distances comfortably
- Demonstrate a basic safe dive (where pool depth allows) or relaxed floating and orientation over a period of 1 min

Equipment needed:

- Cone to mark the distance if required
- Sinking rings
- Stopwatch, watch or clock

Intro/Activity	Teaching Points	Equipment/Organisation
Choice of entry appropriate to the venue	<ul style="list-style-type: none"> • Safe controlled entry • Maintain contact with the wall until feet on the pool floor 	<ul style="list-style-type: none"> • When practising in a large group number students in two's • Use a designated area
Revision from last level	Teaching Points	Organisation/Equipment
3 person relay	<ul style="list-style-type: none"> • Running • Swimming • Kicking • Hopping jumping, etc. 	<ul style="list-style-type: none"> • Use a small designated area
Partner rolling "ball floats"	<ul style="list-style-type: none"> • Partner A has big relaxed breath and "tucks" into ball float, • Chin in and hold breath in • Partner B <u>gently</u> presses shoulders/hips to create rocking, bobbing and rolling • Look for "smooth" nape of the neck • Gradually increase rocking and rolling • Try for a full roll either forwards, backwards or sideway 	<ul style="list-style-type: none"> • Watch for creases in the back of the neck or any unfolding of the ball float as this indicated discomfort. • This practice allows the learner to experience the differences between rotation, sinking and buoyancy.
Teaching progression	Teaching Points	Equipment/Organisation
Streamlining on back with kick	<ul style="list-style-type: none"> • Arms extended above head, arms by ears • Hands held in "turtles" • Tall bodies • Eyes to the sky 	<ul style="list-style-type: none"> • Extend practice over 15-25m • This may mean 3 x 10m practices
Streamlining on side with back kick 15-25m -Repeat on other side	<ul style="list-style-type: none"> • Right arm extended • Left arm on left thigh • Left shoulder dry, pointing to the roof • Eyes looking to the roof • Kick on side, small fast kicks 	<ul style="list-style-type: none"> • Extend practice over 15-25m • This may mean 3 x 10m practices
10 Kick "rock and roll"	<ul style="list-style-type: none"> • Start streamline kicking on right side as above for 10 kicks, • Complete 3 slow, controlled arm strokes and continue streamlined kicking now on the left side and repeat • Maintain eyes to the roof through kicking and stroking 	<ul style="list-style-type: none"> • Extend practice over 15-25m • This may mean 3 x 10m practices • Encourage control and balance to maintain side kicking
Swimming 15 - 25m Backstroke (Repeat asking for focus on one teaching point at a time)	<ul style="list-style-type: none"> • "Up to the sky, down to my thigh" • Big slow arm circles • Flowing, continuous movement – • As arm circles backwards, brush ear with arm • Little finger enters water first ("pinkie") • Kneel on one knee at poolside with opposite foot's toes curled over the 	<ul style="list-style-type: none"> • Attempt 15 - 25m without stopping • Repeat encouraging controlled movements • Potential to use a "buddy" • Practise individually • Individual supervision
Dive One leg kneeling- one foot		

<p>crouching</p> <p>EXTREME CARE MUST BE TAKEN WITH THIS ACTIVITY</p> <p>Pool depth must be greater than the height of the child plus the height of the poolside above the water: 1.2m minimum!</p> <p>Survival Skills for 1 minute</p> <p><u>Deep water is not essential for this activity</u></p>	<p>edge</p> <ul style="list-style-type: none"> • Extend arms above head, arms by ears, fingers point to opposite wall • Chin on chest • Keep arms in this position, hands together, lean forward until hands enter water, body will follow • Head remains between arms • Feet can push against poolside, to initiate glide away from wall • Stretch to streamlined position and maintain fingers parallel to surface once in water <ul style="list-style-type: none"> • Relaxed float for one minute without touching the pool floor • Give occasional one hand signal for help • Use minimal arm and leg action to conserve energy • Maintain big relaxed breaths to assist flotation • Any leg movement in the water is acceptable; crawl, "walking", Breaststroke, sidestroke • Arms may be used for balance • Keep eyes open • Students need to experiment to determine best personal survival strategy 	<ul style="list-style-type: none"> • Ideally support person in the water guiding finger tips to reach forward across the surface to prevent deep diving <ul style="list-style-type: none"> • Simulate exercises including scanning the horizon, using vertical rotation • Stop-watch/clock/watch
Game/Conclusion	Teaching Points	Equipment/Organisation
<p>Retrieve a sinking object and kick back keeping it dry</p> <p>Safe exit</p>	<ul style="list-style-type: none"> • Swim out to the object • Submerge to retrieve • Return kicking either Breaststroke or Backstroke kick holding the object just above the surface <ul style="list-style-type: none"> • Choice of exit appropriate for the venue 	<ul style="list-style-type: none"> • Sinking rings <ul style="list-style-type: none"> • <u>Remind children to bring clothing for the next lesson</u>

Remind children to bring clothing for the next lesson!

N.B shorts and t-shirts are necessary for the survival swimming challenges in these lessons. Please remind children to bring clothing before the lesson

Lesson 8 - 10

Learning Outcomes: To progressively build skills and endurance in Breaststroke and reinforce personal survival techniques

Success Criteria:

By the end of this lesson learners should be able to:

- Combine arm and leg movements for Breaststroke timing
- Demonstrate personal survival skills over a period of 1-2 min including wearing clothes/clothed swim

Equipment needed:

- Cone to mark distance if required
- Long pants and long sleeved shirt to swim in
- Kickboards, enough for the group

Intro/Activity	Teaching Points	Equipment/Organisation
<p>Choice of entry appropriate to the venue</p> <p>“Handicap Tag”</p>	<ul style="list-style-type: none"> • Safe controlled entry • Maintain contact with the wall until feet on the pool floor • “Tag game” where the teacher designates a handicap for the group, • E.g. holding your right ankle in your right hand • Ankles stuck together • One arm behind your back • Hopping with hands on head, etc. • “Once you are tagged, you are then the tagger” 	<ul style="list-style-type: none"> • When practising in a large group number students in two’s • Use a designated area • Use the designated space available
Revision from last level	Teaching Points	Organisation/Equipment
<p>“Sculling challenge”</p>	<ul style="list-style-type: none"> • First on back then on front, • Try sculling and moving for a distance of 5m with no leg action • Try sculling both head first and feet first on both front and back • “Thumbs down on sweep-out, thumbs up on sweep-in, maintain pressure on water with hands 	<ul style="list-style-type: none"> • N.B. movement occurs in the direction that the back of the hand is facing
Teaching progression	Teaching Points	Organisation/Equipment
<p>Breaststroke arm action</p> <p>- Standing</p> <p>- Lying in the water eyes to the pool floor small Freestyle kick Breaststroke kick on front parallel to pool wall</p>	<ul style="list-style-type: none"> • Start with arms extended, shoulders under the water out in a Breaststroke streamlined position (arms extended thumbs down backs of hands make a ‘V’), eyes to the pool floor • 1. Scull out to a “Y” position • 2. Scull in to breathe in • 3. Stretch to streamlined position and exhale eyes down • Thumbs down on scull-out, thumbs up on scull-in • Arms must move simultaneously • Teaching points as above • Arms extended with or without float • Eyes look to pool floor • Breaststroke kick with closest toes touching the wall as the feet turn out and push back • Return in other direction • Swimmers visualise a tunnel where both feet turn out and toes touch either side of the tunnel • “Hook” toes 	<ul style="list-style-type: none"> • Crouch down shoulders under water • Repeat • Encourage children to take their time • Hands must not come back past their chin • Picture ASTA Manual Pg 66 • This activity is good for correcting “Scissor kick”

<p>Vertical Breaststroke kick with stomach against pool wall</p> <p>Breaststroke leg action on back with a board</p> <p>Breaststroke kick on front arms extended</p> <p>Breaststroke whole stroke timing</p> <p>Survival skills for 1-2 minutes in clothing</p> <p>Deep water is not essential for this activity</p>	<ul style="list-style-type: none"> • "Heels to bum, no knees to tum" • Kick back and together with a "snap" • Emphasise the "stretch and glide" • "Snap toes to point" • Lie on back and hold board over thighs • Stretch and Glide (hold with a count of 4) • Heels to bottom • Make the hook • Turn toes out • Kick back with a "snap" • Feet together • Stretch and Glide (hold with a count 4) • Start shoulders under water • Eyes look to pool floor • Slide forward to stretch and glide • One breaststroke kick • Stand up to breathe • Repeat • Maintaining streamline the hands scull out to the 'Y', as the head starts to lift up and forward breathe in on the in scull, heels are drawn up to hips, then hands stretch and glide as feet snap together. • "Glide, '1,2' in streamline, on '3' scull to the 'Y' scull-in and breathe, then kick, glide" • "Pull, Breathe, Kick, Glide" • Or • "When arms bend , the legs bend then kick to a glide" • Or • "Do nothing on scull-out" • "Do everything on scull-in" • "Stretch to a glide" • Relaxed float for one minute without touching the pool floor • Give occasional one hand signal for help • Use minimal arm and leg action to conserve energy • Maintain big relaxed breaths to assist flotation • Students need to experiment to determine best personal survival strategy 	<ul style="list-style-type: none"> • The stretch and glide phase must be emphasised at all times • Practice over 15-25m • Kickboards for the group • Wave formation/circuit formation • Practice 10-15m • (This is best described visually See 4.6 in the video and demonstrate to learners) • Extend practice over 15-25m • This may mean 3 x 10m practices • Develop 1 stroke, 2 strokes etc. to increase distance • Each "whole stroke" practice should be separated by a long glide in streamlined position • Simulate exercises including scanning the horizon, using vertical rotation, etc. • Practise in long pants and a long sleeved shirt
Game/Conclusion	Teaching Points	Equipment/Organisation
<p>"Let Go" floats</p> <p>Safe exit</p>	<ul style="list-style-type: none"> • Shoulders under the water • Big relaxed breath in and hold with no tension • "let go", "flop", "sink", into the water to discover how your body floats naturally, with all your muscles relaxed • Choice of exit appropriate for the venue 	<ul style="list-style-type: none"> • Split the class in 2 and take turns so they can see the different natural floating positions • Encourage the groups to float for longer periods, relaxed

