

SWIMMER 3 – Lesson 1

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
6 min.	Review: Swimmer 2 1 – Jump into deep water, return and exit 3 – Tread water 15 sec. 7 – Whip kick in vertical position 30 sec with aid 8 – Front and back crawl 10 m each	Screening – Swimmer 2 <ul style="list-style-type: none"> • jump in, surface, return to side • tread water • vertical whip kick • front crawl • back crawl 	Buoyant aid	Line x x x x x x X
5 min.	Entries and Exits 1 – Kneeling dive into deep water	Sitting dive <ul style="list-style-type: none"> • sit on edge of pool • ensure appropriate depth • demonstrate and practice correct arm and head position • surface; return to wall; repeat 	Buoyant aid	Edge of pool xxxxxx X
8 min.	Movement / Swimming Skills 10 – Front crawl 15 m	Front crawl <ul style="list-style-type: none"> • demonstrate and practice front crawl • use progressions and stroke drills to reinforce proper technique • start with 25 m walk back drills to develop technique and endurance 	Buoyant aid	Wave x x X x x ↓ ↓
4 min.	Surface Support 3 – Tread water 30 sec.	Tread <ul style="list-style-type: none"> • demonstrate and practice • reinforce relaxed breathing and gradually increase time 	Buoyant aid	Circle x x x x x X
8 min.	Movement / Swimming Skills 9 – Whip kick on back 10 m	Whip kick on back <ul style="list-style-type: none"> • demonstrate and practice 20 whip kicks in vertical position with buoyant aid • tell swimmers to lay on their back and continue their whip kick 	Buoyant aid Pool noodles	Circle

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SWIMMER 3 – Lesson 1

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Time	Item	Activity	Equipment	Formation
8 min.	Movement / Swimming Skills 10 – Back crawl 15 m	Back crawl <ul style="list-style-type: none"> demonstrate and practice back crawl use progressions and stroke drills to reinforce proper technique gradually increase distance start with 25 m walk back drills to develop technique and endurance 	Buoyant aid	Wave
5 min.	Underwater Skills 4 – Handstand in shallow water 5 – Front somersault (in water) Water Smart message 12 – Swim with a Buddy <i>“Always swim with someone, even in your backyard pool”</i>	Handstand, somersault and Swim with a Buddy <ul style="list-style-type: none"> swimmers work with a buddy; reinforce why and where demonstrate and practice handstands demonstrate and practice front somersaults – reinforce tucked chin and head over heels rotation 	Buoyant aid	Pairs in a Circle XX XX XX XX XX X

SWIMMER 3 – Lesson 2

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
6 min.	Entries and Exits 1 – Kneeling dive into deep water	Kneeling dive <ul style="list-style-type: none"> ensure appropriate depth review, demonstrate and practice a sitting dive demonstrate and practice dive from kneeling position 	Buoyant aid	Edge of pool <u>xxxxxx</u> X
10 min.	Movement / Swimming Skills 9 – Whip kick on back 10 m Water Smart message 12 – Wear a Lifejacket <i>"Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?"</i>	Whip kick on back and Wear a Lifejacket <ul style="list-style-type: none"> have swimmers select and explain why they chose the lifejacket they are going to wear; where they should wear it and who should be wearing it demonstrate and practice whip kick while laying on their back in the shallow end focus on proper technique 	Buoyant aid PFDs	Line <u>x x x x x x</u> X
6 min.	Movement / Swimming Skills 10 – Front crawl 15 m	Front crawl <ul style="list-style-type: none"> demonstrate and practice front crawl use progressions and stroke drills to reinforce proper technique gradually increase distance 	Buoyant aid	Line
3 min.	Surface Support 3 – Tread water 30 sec.	Tread <ul style="list-style-type: none"> demonstrate and practice focus on broad sculling action and supportive kick 	Buoyant aid	Circle <u>x x x</u> x x X
6 min.	Movement / Swimming Skills 10 – Back crawl 15 m	Back crawl <ul style="list-style-type: none"> demonstrate and practice back crawl use progressions and stroke drills to reinforce proper technique gradually increase distance 	Buoyant aid	Wave <u>x x</u> X x x ↓ ↓

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SWIMMER 3 – Lesson 2

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Time	Item	Activity	Equipment	Formation
7 min.	Movement / Swimming Skills 7 – Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m 8 – Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m	Reverse direction <ul style="list-style-type: none"> demonstrate and practice this skill in chest deep water swimmers swim to you, reverse and kick back to starting point 	Buoyant aid	Line
6 min.	Swim to Survive Skills 6 – Jump into deep water, tread 30 sec., and swim/kick 25 m	Jump – tread – swim/kick <ul style="list-style-type: none"> using a kickboard, jump in, recover and flutter kick on front 25 m, climb out and walk back 	Buoyant aid Kickboards	Line

SWIMMER 3 – Lesson 3

Time	Item	Activity	Equipment	Formation												
1 min.		Welcome & take attendance	Worksheet	Meeting place												
10 min.	Entries and Exits 2 – Forward roll entry into deep water	Forward roll <ul style="list-style-type: none"> choose and put on appropriate size PFD demonstrate and practice front roll with assistance and return to side 	Buoyant aid PFDs	Edge of pool <u>xxxxxx</u> X												
6 min.	Swim to Survive Skills 6 – Jump into deep water, tread 30 sec., and swim/kick 25 m Water Smart message 12 – Swim to Survive <i>“Stay calm, take a breath, look for safety”</i>	Jump – kick – swim and Swim to Survive <ul style="list-style-type: none"> jump in, recover, look for the safest spot 25 m away, tread 15 sec., roll to back, kick 25 m to safety, walk back reinforce staying calm, taking a breath, look for safety 	Buoyant aid	Wave <table style="margin-left: auto; margin-right: auto;"> <tr><td></td><td>X</td><td>X</td><td></td></tr> <tr><td>X</td><td>X</td><td>X</td><td></td></tr> <tr><td></td><td>↓</td><td>↓</td><td></td></tr> </table>		X	X		X	X	X			↓	↓	
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10 min.	Movement / Swimming Skills 10 – Front crawl 15 m	Front crawl <ul style="list-style-type: none"> demonstrate and practice front crawl use progressions and stroke drills to reinforce proper technique gradually increase distance and number of repetitions 	Buoyant aid	Line <u>xxxxxx</u> X												
6 min.	Fitness 11 – Interval training: 4 x 15 m flutter kick with 20 sec. rests	Interval training <ul style="list-style-type: none"> review how to use pace clock to time their 20 sec. rests stress that finishing all 4 swims is important – not speed reinforce proper technique throughout 	Buoyant aid	Wave												
10 min.	Movement / Swimming Skills 10 – Back crawl 15 m	Back crawl <ul style="list-style-type: none"> demonstrate and practice back crawl use progressions and stroke drills to reinforce proper technique gradually increase distance and number of repetitions 	Buoyant aid	Line												
2 min.	Underwater Skills 5 – Front somersault (in water)	Front somersaults <ul style="list-style-type: none"> demonstrate and practice somersaults focus on tucked chin and head over heels rotation 	Buoyant aid	Circle <u>xxx</u> x x X												

SWIMMER 3 – Lesson 4

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
5 min.	Entries and Exits 1 – Kneeling dive into deep water 2 – Forward roll entry into deep water Water Smart message 12 – Check the Ice <i>"If the ice is safe, go with a buddy"</i>	Kneeling dive, forward roll and Check the Ice <ul style="list-style-type: none"> demonstrate and practice kneeling dive and forward roll using kickboards – swimmers vary the number stacked to represent when it is safe to go on the ice and once they have a buddy do their entries 	Buoyant aid Kickboards	Edge of pool <u>xxxxxx</u> X
10 min.	Movement / Swimming Skills 10 – Front crawl 15 m	Front crawl <ul style="list-style-type: none"> practice front crawl use progressions and stroke drills to reinforce proper technique gradually increase distance and number of repetitions 	Buoyant aid	Line <u>x x x x x</u> X
3 min.	Surface Support 3 – Tread water 30 sec.	Tread <ul style="list-style-type: none"> demonstrate and practice gradually increase time reinforce relaxed breathing 	Buoyant aid	Circle <u>x x x</u> x x X
10 min.	Movement / Swimming Skills 9 – Whip kick on back 10 m	Whip kick on back <ul style="list-style-type: none"> wearing a PFD demonstrate and practice whip kick on your back focus on kick propulsion – be sure to stress using “soccer feet” 	Buoyant aid PFDs	Line
10 min.	Movement / Swimming Skills 10 – Back crawl 15 m	Back crawl <ul style="list-style-type: none"> practice back crawl use progressions and stroke drills to reinforce proper technique gradually increase distance and number of repetitions 	Buoyant aid	Line
6 min.	Movement / Swimming Skills 7 – Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m 8 – Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m	Reverse direction <ul style="list-style-type: none"> stand at 5 m mark swimmers kick to you, reverse and kick back to start point 	Buoyant aid	Line

SWIMMER 3 – Lesson 5

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
3 min.	Entries and Exits 1 – Kneeling dive into deep water	Kneeling dive <ul style="list-style-type: none"> dive through hoop recover to the surface and exit 	Buoyant aid Hoops	Edge of pool xxxxxx X
3 min.	Surface Support 3 – Tread water 30 sec.	Tread <ul style="list-style-type: none"> practice; encourage relaxed arm and leg action gradually increase time 	Buoyant aid	Circle x x x x x X
8 min.	Movement / Swimming Skills 10 – Back crawl 15 m	Back crawl <ul style="list-style-type: none"> practice back crawl use progressions and stroke drills to reinforce proper technique gradually increase distance and number of repetitions 	Buoyant aid	Wave x x X x x ↓ ↓
8 min.	Movement / Swimming Skills 9 – Whip kick on back 10 m	Whip kick on back <ul style="list-style-type: none"> demonstrate and practice sitting on side, then in the water reinforce straight heel drop and soccer kick action 	Buoyant aid	Wave
5 min.	Underwater Skills 5 – Front somersault (in water) Water Smart message 12 – Swim with a Buddy <i>"Always swim with someone, even in your backyard pool"</i>	Somersaults and Swim with a Buddy <ul style="list-style-type: none"> demonstrate and practice in pairs brainstorm aquatic environments that they would swim with a buddy 	Buoyant aid	Scattered x x x x x X
8 min.	Movement / Swimming Skills 10 – Front crawl 15 m	Front crawl <ul style="list-style-type: none"> use progressions and stroke drills to reinforce proper technique gradually increase distance and repetitions of each drill 	Buoyant aid	Wave
9 min.	Fitness 11 – Interval training: 4 x 15 m flutter kick with 20 sec. rests	Interval training <ul style="list-style-type: none"> review pace clock use to time rests stress finishing all 4 swims with the rests – not a race reinforce proper technique throughout 	Buoyant aid	Wave

SWIMMER 3 – Lesson 6

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
4 min.	Entries and Exits 2 – Forward roll entry into deep water Surface Support 3 – Tread water 30 sec.	Forward roll and tread <ul style="list-style-type: none"> ensure appropriate depth demonstrate and practice front roll without assistance; recover to surface and tread for 30 sec. 	Buoyant aid	Edge of pool xxxxxx X
7 min.	Movement / Swimming Skills 10 – Front crawl 15 m	Front crawl <ul style="list-style-type: none"> practice front crawl use progressions and stroke drills to reinforce proper technique always exceed the required 15 m 	Buoyant aid	Wave X x x ↓ ↓
8 min.	Movement / Swimming Skills 9 – Whip kick on back 10 m Water Smart message 12 – Wear a Lifejacket <i>Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?</i>	Whip kick on back and Wear a Lifejacket <ul style="list-style-type: none"> provide a selection of lifejackets (have some that are torn, broken or wrong size) which one do I wear? wearing PFD practice whip kick encourage –slow drop of heels, drive with flexed feet 	Buoyant aid PFDs	Wave
4 min.	Underwater Skills 5 – Front somersault (in water)	Front somersaults <ul style="list-style-type: none"> demonstrate and practice front somersaults 	Buoyant aid	Scattered x x x x x X
8 min.	Movement / Swimming Skills 10 – Back crawl 15 m	Back crawl <ul style="list-style-type: none"> practice back crawl use stroke drills to reinforce proper technique gradually increase distance 	Buoyant aid	Wave

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SWIMMER 3 – Lesson 6

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Time	Item	Activity	Equipment	Formation
6 min.	Swim to Survive Skills 6 – Jump into deep water, tread 30 sec., and swim/kick 25 m	Jump, tread and swim/kick <ul style="list-style-type: none"> demonstrate and practice jump in, recover, tread 15 sec., roll to back, kick 25 m, walk back jump in, recover, tread 15 sec., side glide kick 25 m, walk back 	Buoyant aid	Wave
7 min.	Movement / Swimming Skills 7 – Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m 8 – Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m	Reverse direction <ul style="list-style-type: none"> 5 m flutter kick on back, stop, stand, 5 m flutter kick on front 5 m flutter kick on front, stop, stand, 5 m flutter kick on back repeat, but try not to touch bottom when reversing direction 	Buoyant aid	Line x x x x x X

SWIMMER 3 – Lesson 7

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
2 min.	Entries and Exits 1 – Kneeling dive into deep water	Kneeling dive <ul style="list-style-type: none"> demonstrate and practice controlled head first entry and recovery 	Buoyant aid	Line $\frac{\text{X X X X X X}}{\text{X}}$
6 min.	Swim to Survive Skills 6 – Jump into deep water, tread 30 sec., and kick/swim 25 m Water Smart message 12 – Swim to Survive <i>“Stay calm, take a breath, look for safety”</i>	Jump – tread – swim/kick and Swim to Survive <ul style="list-style-type: none"> demonstrate and practice entire sequence swim using kick or stroke of choice no aids to be used discuss why it is important to control breathing when swimming 	Buoyant aid	Wave $\begin{array}{ c c } \hline \text{X} & \text{X} \\ \hline \text{X} & \text{X} & \text{X} \\ \hline \downarrow & \downarrow & \downarrow \end{array}$
9 min.	Movement / Swimming Skills 10 – Front crawl 15 m	Front crawl <ul style="list-style-type: none"> practice front crawl use progressions and stroke drills to reinforce proper technique complete full distance every time 	Buoyant aid	Wave
9 min.	Movement / Swimming Skills 10 – Back crawl 15 m	Back crawl <ul style="list-style-type: none"> practice back crawl use progressions and stroke drills to reinforce proper technique complete full distance every time 	Buoyant aid	Wave
10 min.	Movement / Swimming Skills 9 – Whip kick on back 10 m	Whip kick on back <ul style="list-style-type: none"> practice and focus on drive phase 	Buoyant aid	Line
8 min.	Fitness 11 – Interval training: 4 x 15 m flutter kick with 20 sec. rests	Interval training <ul style="list-style-type: none"> stress that finishing all 4 swims is important – not speed – must take the required rest reinforce proper technique throughout 1st is front, 2nd is side, 3rd is back and 4th is a choice 	Buoyant aid	Line

SWIMMER 3 – Lesson 8

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
4 min.	Water Smart message 12 – Check the Ice <i>"If the ice is safe, go with a buddy"</i> Entries and Exits 1 – Kneeling dive into deep water	Check the Ice & kneeling dive <ul style="list-style-type: none"> • have different color crayons in a box: chose the colour of crayon that represents safe ice for skating • once they have the right colour, in pairs (buddies) do a kneeling dive • controlled head first entry and recovery unassisted 	Crayons	Edge of pool <u>XXXXXX</u> X
8 min.	Movement / Swimming Skills 10 – Back crawl 15 m	Back crawl <ul style="list-style-type: none"> • practice back crawl • use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Wave X <u> x x</u> x x ↓ ↓
5 min.	Surface Support 3 – Tread water 30 sec.	Tread <ul style="list-style-type: none"> • proper air exchange • ensure time standard met • minimal effort 	Buoyant aid	Circle <u> x x x</u> x x X
8 min.	Movement / Swimming Skills 9 – Whip kick on back 10 m	Whip kick on back <ul style="list-style-type: none"> • distance completed • kick at standard 	Buoyant aid	Line <u> x x x x x</u> X
5 min.	Underwater Skills 5 – Front somersault (in water)	Front somersault <ul style="list-style-type: none"> • somersault at standard – start and stop in a standing position • who can do the most somersaults contest 	Buoyant aid	Scattered <u> x x x</u> x x X
8 min.	Movement / Swimming Skills 10 – Front crawl 15 m	Front crawl <ul style="list-style-type: none"> • continue to use stroke drills to reinforce proper technique 	Buoyant aid	Wave
5 min.	Movement / Swimming Skills 7 – Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m 8 – Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m	Reverse direction <ul style="list-style-type: none"> • 5 m flutter kick on back, without touching the bottom reverse to front, 5 m flutter kick on front • 5 m flutter kick on front, without touching the bottom reverse to back, 5 m flutter kick on back 	Buoyant aid	Line
1 min.	Distribute Progress Reports			