

SWIMMER 5 – Lesson 1

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
5 min.	Previous level 4 – Canadian Swim-to-Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m 5 – Whip kick on front 15 m	Screen: Swimmer 4 <ul style="list-style-type: none"> roll, tread 1 min. and swim 50 m whip kick on front 	Buoyant aid	Wave x x x x X ↓ ↓
4 min.	Entries and Exits 2 – Tuck jump (cannonball) into deep water Water Smart message 13 – Swim with a Buddy <i>The safest place to play and swim is in an area supervised by lifeguards</i>	Tuck jump and Swim with a Buddy <ul style="list-style-type: none"> working in pairs, safe jump, recover to the surface before the tuck jump – each pair yells out the safest place to swim 	Buoyant aid	Line xxxxxx X
8 min.	Movement / Swimming Skills 8 – Front crawl 50 m	Front crawl <ul style="list-style-type: none"> demonstrate and practice front crawl use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Loop x → x ↓ ↑ x ← x X
10 min.	Movement / Swimming Skills 8 – Back crawl 50 m Fitness 12 – Sprint back crawl 25 m	Back crawl and sprint <ul style="list-style-type: none"> demonstrate and practice back crawl use progressions and stroke drills to reinforce proper technique provide feedback, then swim a 25 m back crawl sprint practice and time a back crawl sprint 	Buoyant aid	Loop
9 min.	Movement / Swimming Skills 7 – Breaststroke 25 m	Breaststroke <ul style="list-style-type: none"> review and practice breaststroke arms with breathing demonstrate and practice breaststroke use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Wave

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SWIMMER 5 – Lesson 1

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Time	Item	Activity	Equipment	Formation
4 min.	Underwater Skills 5 – Back somersault (in water)	Back somersault <ul style="list-style-type: none"> work in chest-deep water, assist as needed demonstrate and practice back somersault encourage controlled tuck position 	Buoyant aid	Circle <pre> x x x x x X x x x </pre>
4 min.	Surface Support 4 – Stationary eggbeater kick 30 sec.	Eggbeater kick <ul style="list-style-type: none"> start in shallow water; using hands demonstrate the motion of the kick practice heels drawing circles on the bottom; be sure to alternate the legs move to deeper water and use a pool noodle under arms, practice eggbeater kick 	Buoyant aid Pool noodles	Scattered <pre> X ----- x x x x x x </pre>

SWIMMER 5 – Lesson 2

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
7 min.	Surface Support 3 – Jump entry into deep water and tread 2 min. Water Smart message 13 – Wear a Lifejacket <i>"Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?"</i>	Jump, tread and Wear a Lifejacket <ul style="list-style-type: none"> demonstrate and practice jumping into deep water and treading focus on controlled recovery, mouth and nose above the surface, good air exchange while treading; discuss the importance of wearing a properly fitting lifejacket; how would it make treading easier and when/why should you wear one 	Buoyant aid	Circle x x x x x X x x x
5 min.	Entries and Exits 1 – Shallow dive into deep water	Shallow dive <ul style="list-style-type: none"> demonstrate and practice shallow dive focus on streamlined body and surfacing quickly (arms beyond head until the surface is broken) 	Buoyant aid	Line xxxxxx X
6 min.	Movement / Swimming Skills 8 – Front crawl 50 m	Front crawl <ul style="list-style-type: none"> demonstrate and practice front crawl use progressions and stroke drills to reinforce proper technique can gradually increase to 75 m for practice 	Buoyant aid	Wave x x x x X ↓ ↓
6 min.	Swim to Survive Skills 6 – Roll entry into deep water, tread 90 sec. and swim 75 m	Roll – tread – swim <ul style="list-style-type: none"> in deep water demonstrate forward roll; head tucked; surface and tread for 90 sec.; swim any stroke 75 m encourage proper stroke technique and distance completed must be one continuous skill, although may be taught in sections for practice 	Buoyant aid	Wave
8 min.	Fitness 10 – Interval swim: 4 x 50 m front or back crawl with 30 sec. rests	Interval swim: front and back crawl <ul style="list-style-type: none"> review use of pace clock stress that finishing all 4 swims is important – not speed alternate front crawl and back crawl sets – use proper stroke mechanics 	Buoyant aid	Loop x → x ↯ ↵ x ← x X

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Time	Item	Activity	Equipment	Formation
7 min.	Movement / Swimming Skills 7 – Breaststroke 25 m	Breaststroke <ul style="list-style-type: none"> • demonstrate and practice breaststroke • focus on "pull to breathe, kick to stretch" • stress that the "stretch" is actually an extension – not a rest – drive the hands forward to a fully extended position • use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Wave
5 min.	Fitness 12 – Sprint front crawl 25 m	Sprint front crawl <ul style="list-style-type: none"> • demonstrate and practice • work in pairs and record time using pace clock • goal is to get faster each time 	Buoyant aid	Wave

SWIMMER 5 – Lesson 3

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
9 min.	Movement / Swimming Skills 8 – Back crawl 50 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	Loop x → x ↴ ↵ x ← x X
3 min.	Movement / Swimming Skills 9 – Head-up front crawl 10 m	Head-up front crawl <ul style="list-style-type: none"> demonstrate and practice head-up front crawl focus on keeping eyes open and head still by picking a target spot to watch 	Buoyant aid	Wave x x x x X ↓ ↓
9 min.	Movement / Swimming Skills 7 – Breaststroke 25 m	Breaststroke <ul style="list-style-type: none"> demonstrate and practice breaststroke use progressions and stroke drills to reinforce proper technique gradually increase distance to challenge 	Buoyant aid	Wave
9 min.	Entries and Exits 1 – Shallow dive into deep water Fitness 11 – Interval swim: 4 x 15 m breaststroke with 30 sec. rests	Shallow dive and interval swim <ul style="list-style-type: none"> demonstrate and practice dive entry and interval swim sequence (using breaststroke) stress that finishing all 4 swims is important – not speed reinforce proper technique throughout 	Buoyant aid	Loop x → x ↴ ↵ x ← x X
5 min.	Fitness 12 – Sprint back crawl 25 m Water Smart message 13 – Swim to Survive “Swim, rest, swim, get there”	Sprint relay and Swim to Survive <ul style="list-style-type: none"> relay race: each person goes twice reinforce proper technique throughout at the end of the relay – ask how tired everyone is – what would be the easiest way to swim 50 m? 	Buoyant aid	Wave

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SWIMMER 5 – Lesson 3

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Time	Item	Activity	Equipment	Formation												
4 min.	Underwater Skills 5 – Back somersault (in water)	Back somersault <ul style="list-style-type: none"> demonstrate and practice ensure chin is tucked – swimmer stays tucked for a full back rotation 	Buoyant aid	Wave												
5 min.	Surface Support 4 – Stationary eggbeater kick 30 sec.	Eggbeater kick <ul style="list-style-type: none"> using a pool noodle under arms, practice eggbeater kick focus on technique 	Buoyant aid Pool noodles	Circle <table style="border-collapse: collapse; margin-left: auto; margin-right: auto;"> <tr> <td style="padding: 0 10px;">x</td> <td style="padding: 0 10px;">x</td> <td style="padding: 0 10px;">x</td> <td style="border-left: 1px solid black; padding-left: 10px;"></td> </tr> <tr> <td style="padding: 0 10px;">x</td> <td style="padding: 0 10px;"></td> <td style="padding: 0 10px;">x</td> <td style="border-left: 1px solid black; padding-left: 10px;">X</td> </tr> <tr> <td style="padding: 0 10px;">x</td> <td style="padding: 0 10px;">x</td> <td style="padding: 0 10px;">x</td> <td style="border-left: 1px solid black; padding-left: 10px;"></td> </tr> </table>	x	x	x		x		x	X	x	x	x	
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SWIMMER 5 – Lesson 4

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
5 min.	Surface Support 3 – Jump entry into deep water and tread 2 min. 4 – Stationary eggbeater kick 30 sec. Water Smart message 13 – Check the Ice <i>"If you fall through the ice, don't panic. Kick your feet, push yourself onto the unbroken ice on your stomach, roll away from the broken ice"</i>	Jump in, eggbeater and Check the Ice <ul style="list-style-type: none"> safe foot first entry; surface and tread; ensure head remains above the surface safe foot first entry; surface and eggbeater for 30 sec. using mats to simulate ice, practice climbing on to save yourself if you fell through the ice 	Buoyant aid Mats	Line XXXXXX X
6 min.	Movement / Swimming Skills 7 – Breaststroke 25 m	Breaststroke <ul style="list-style-type: none"> demonstrate and practice breaststroke focus on "pull to breathe, kick to stretch" use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Wave x x x x ↓ ↓ X
7 min.	Movement / Swimming Skills 8 – Back crawl 50 m	Back crawl <ul style="list-style-type: none"> demonstrate and practice back crawl use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Wave
7 min.	Fitness 10 – Interval swim: 4 x 50 m front or back crawl with 30 sec. rests	Interval swim: back crawl <ul style="list-style-type: none"> reinforce proper technique throughout stress continuous kick at the surface 	Buoyant aid	Loop x → x ↯ ↰ x ← x X
7 min.	Movement / Swimming Skills 8 – Front crawl 50 m	Front crawl <ul style="list-style-type: none"> demonstrate and practice front crawl use progressions and stroke drills to reinforce proper technique ensure breathing pattern and exhalation 	Buoyant aid	Wave

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SWIMMER 5 – Lesson 4

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Time	Item	Activity	Equipment	Formation
4 min.	Fitness 12 – Sprint front crawl 25 m	Sprint relay <ul style="list-style-type: none"> • relay race: each person goes twice • reinforce proper technique throughout • record times and compare to last time 	Buoyant aid	Line
8 min.	Swim to Survive 6 – Roll entry into deep water, tread 90 sec. and swim 75 m	Roll – tread – swim <ul style="list-style-type: none"> • front roll with tucked chin; land on shoulder blades; tread with head up for the full 90 sec. • choice of stroke and ensure it is continuous (no stopping) 	Buoyant aid	Wave

SWIMMER 5 – Lesson 5

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
2 min	Entries and Exits 2 – Tuck jump (cannonball) into deep water	Tuck jump <ul style="list-style-type: none"> competition with a buddy, who has the biggest splash 	Buoyant Aid	Line xxxxxx X
9 min.	Movement / Swimming Skills 7 – Breaststroke 25 m 8 – Front crawl and back crawl 50 m each	Breaststroke, front crawl and back crawl <ul style="list-style-type: none"> demonstrate and practice breaststroke, front crawl and back crawl use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Line
4 min.	Surface Support 4 – Stationary eggbeater kick 30 sec.	Stationary eggbeater <ul style="list-style-type: none"> demonstrate and practice eggbeater on the wall sit on pool noodle; practice kick; stress flexed feet remove pool noodle and practice kick (scull with hands) 	Buoyant aid Pool noodle	Scattered X x x x x x x
9 min.	Swim to Survive Skills 6 – Roll entry into deep water, tread 90 sec. and swim 75 m	Roll – tread – swim <ul style="list-style-type: none"> practice front roll tread water; head above surface swim; choice of stroke ensure continuous sequence 	Buoyant aid	Wave x x x x X ↓ ↓
4 min.	Fitness 12 – Sprint back crawl 25 m	Sprint back crawl <ul style="list-style-type: none"> in-water start – stress the importance of proper stroke technique ensure feet kicking at surface for balance and power 	Buoyant aid	Wave

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SWIMMER 5 – Lesson 5

(continued)

Time	Item	Activity	Equipment	Formation
9 min.	<p>Fitness</p> <p>11 – Interval training – 4 x 15 m breaststroke with 30 sec. rests</p>	<p>Interval swim: breaststroke</p> <ul style="list-style-type: none"> • stress proper stroke technique • all 4 lengths to be completed • use the pace clock for rest – not a race 	Buoyant aid	Wave
7 min.	<p>Water Smart messages</p> <p>13 – Wear a Lifejacket and Swim with a Buddy</p> <p><i>“Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?”</i></p> <p><i>“The safest place to play and swim is in an area supervised by lifeguards”</i></p>	<p>Wear a Lifejacket and Swim with a Buddy</p> <ul style="list-style-type: none"> • select a partner; in pairs choose the proper lifejacket for their buddy; if they went boating with their family, how many lifejackets would they need? • appropriate entry; practice eggbeater • in pairs come up with 2 reasons each why/where it is important to swim with a buddy 	<p>Buoyant aid</p> <p>PFDs</p>	Wave

SWIMMER 5 – Lesson 6

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
3 min.	Surface Support 3 – Jump entry into deep water, and tread 2 min.	Jump and tread <ul style="list-style-type: none"> controlled jump into deep water recover quickly and safely to the surface mouth and nose above the surface, good air exchange 	Buoyant aid	Line <pre> XXXXXXXX X </pre>
9 min.	Movement / Swimming Skills 8 – Front crawl 50 m	Front crawl <ul style="list-style-type: none"> demonstrate and practice front crawl use progressions and stroke drills to reinforce proper technique reinforce proper breathing patterns 	Buoyant aid	Wave <pre> x x x x X ↓ ↓ </pre>
10 min.	Fitness 10 – Interval swim: 4 x 50 m front or back crawl with 30 sec. rests	Interval swim: back crawl <ul style="list-style-type: none"> stress that finishing all 4 swims is important – not speed reinforce proper technique throughout 	Buoyant aid	Loop <pre> x → x ↯ └ x ← x X </pre>
9 min.	Movement / Swimming Skills 7 – Breaststroke 25 m	Breaststroke <ul style="list-style-type: none"> demonstrate and practice breaststroke use progressions and stroke drills to reinforce proper technique reinforce full extension (stretch) 	Buoyant aid	Wave
3 min.	Fitness 12 – Sprint front crawl 25 m	Sprints <ul style="list-style-type: none"> demonstrate and practice front crawl sprints use pace clock, time and record reinforce proper stroke technique especially continuous kick at the surface, long arm stroke 	Buoyant aid	Line

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SWIMMER 5 – Lesson 6

(continued)

Time	Item	Activity	Equipment	Formation
6 min.	<p>Entries and Exits</p> <p>1 – Shallow dive into deep water</p> <p>Movement / Swimming Skills</p> <p>9 – Head-up front crawl 10 m</p>	<p>Shallow dive and head-up front crawl</p> <ul style="list-style-type: none"> demonstrate and practice shallow dive, swim head-up as fast as possible to the 15 m mark, then slow to the end focus on eyes out of the water and keeping head still 	Buoyant aid	Wave
4 min.	<p>Underwater Skills</p> <p>5 – Back somersault (in water)</p>	<p>Back somersault</p> <ul style="list-style-type: none"> demonstrate and practice back somersault reinforce chin tucked; head over heels rotation breathe control; exhale through the nose; try not to plug the nose 	Buoyant aid	<p>Circle</p> <pre> x x x x x X x x x </pre>

SWIMMER 5 – Lesson 7

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
7 min.	Movement / Swimming Skills 4 – Stationary eggbeater kick 30 sec. 9 – Head-up front crawl 10 m Water Smart message 13 – Swim to Survive <i>"Swim, rest, swim, get there"</i>	Eggbeater kick, head-up front crawl and Swim to Survive <ul style="list-style-type: none"> demonstrate and practice eggbeater kick; body in vertical position; knees apart; heels "drawing circles" on the bottom; alternate leg action while doing eggbeater, reinforce the Swim to Survive message; why is this skill important swim head-up front crawl to the end of the pool; pick a spot and look at it the entire time 	Buoyant aid	Circle x x x x x x X x x x
8 min.	Movement / Swimming Skills 8 – Back crawl 50 m	Back crawl <ul style="list-style-type: none"> demonstrate and practice back crawl use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Wave x x x x X ↓ ↓
8 min.	Movement / Swimming Skills 7 – Breaststroke 25 m	Breaststroke <ul style="list-style-type: none"> demonstrate and practice breaststroke reinforce proper stroke technique – pull, breathe, kick, stretch use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Wave
10 min.	Fitness 11 – Interval swim: 4 x 15 m breaststroke with 30 sec. rests	Interval swim: breaststroke <ul style="list-style-type: none"> stress that finishing all 4 swims is important – not speed check pulse and breathing 	Buoyant aid	Loop x → x ↓ ↑ x ← x X
8 min.	Swim to Survive Skills 6 – Roll entry into deep water, tread 90 sec. and swim 75 m	Roll – tread – swim <ul style="list-style-type: none"> proper front roll entry; head over heels tread water; head above surface continuous swim; distance completed 	Buoyant aid	Loop
3 min.	Fitness 12 – Sprint back crawl 25 m	Sprint back crawl <ul style="list-style-type: none"> demonstrate and practice back crawl sprints using pace clock, time and record compare to previous times 	Buoyant aid	Wave

SWIMMER 5 – Lesson 8

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
4 min.	Water Smart message 13 – Check the Ice <i>"If you fall through the ice, don't panic. Kick your feet, push yourself onto the unbroken ice on your stomach, roll away from the broken ice"</i>	Check the Ice <ul style="list-style-type: none"> simulate falling through the ice using mats and kickboards demonstrate getting out of the water to the safety of the deck 	Buoyant aid Mats Kickboards	Line xxxxxx X
9 min.	Movement / Swimming Skills 8 – Front crawl and back crawl 50 m each 7 – Breaststroke 25 m	Front crawl, back crawl, breaststroke <ul style="list-style-type: none"> practice front crawl, back crawl and breaststroke use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Loop x → x ↓ <u>↑ x ← x</u> X
8 min.	Fitness 10 – Interval swim: 4 x 50 m front or back crawl with 30 sec. rests	Interval swim: back crawl <ul style="list-style-type: none"> reinforce proper technique throughout focus on relaxed breathing, continuous kick at the surface, proper hand entry and drive 	Buoyant aid	Loop
4 min.	Entries and Exits 1 – Shallow dive into deep water Movement / Swimming Skills 4 – Stationary eggbeater kick 30 sec. 9 – Head-up front crawl 10 m	Shallow dive, eggbeater and head-up front crawl <ul style="list-style-type: none"> dive in, recover to surface, catch a ball and hold it for 30 sec. while doing eggbeater place ball in front of you and swim head-up front crawl keeping the ball between the arms for 10 m 	Buoyant aid Ball	Line
5 min.	Fitness 11 – Interval swim: 4 x 15 m breaststroke with 30 sec. rests	Interval swim: breaststroke <ul style="list-style-type: none"> reinforce proper technique throughout focus on "pull to breathe, kick to stretch" 	Buoyant aid	Loop

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SWIMMER 5 – Lesson 8

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Time	Item	Activity	Equipment	Formation
3 min.	Surface Support 3 – Jump entry into deep water and tread 2 min.	Jump – tread <ul style="list-style-type: none"> • jump into deep water, controlled recovery, mouth and nose above the surface, good air exchange • supportive kick with relaxed arms 	Buoyant aid	Circle <pre> x x x x x X x x x </pre>
5 min.	Swim to Survive Skills 6 – Roll entry into deep water, tread 90 sec. and swim 75 m	Roll – tread – swim <ul style="list-style-type: none"> • proper front roll entry • tread water • swim – choice of stroke • continuous sequence 	Buoyant aid	Wave <pre> x x x x X ↓ ↓ </pre>
3 min.	Fitness 12 – Sprint front crawl and back crawl 25 m each	Sprints <ul style="list-style-type: none"> • demonstrate and practice front crawl and back crawl sprints • using pace clock, time and record • compare to previous times 	Buoyant aid	Wave
2 min.	Entries and Exits 2 – Tuck jump (cannonball) into deep water	Tuck jump <ul style="list-style-type: none"> • practice tuck jumps 	Buoyant aid	Line
1 min.	Distribute Progress Reports			