

SWIMMER 6 – Lesson 1

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
6 min.	Previous Level 4 – Stationary eggbeater kick 30 sec. 6 – Roll entry into deep water, tread 90 sec. and swim 75 m 12 – Sprint front crawl and back crawl 25 m each	Screen: Swimmer 5 <ul style="list-style-type: none"> eggbeater 30 sec. roll, tread, swim sprint front crawl sprint back crawl 	Buoyant aid	Circle x x x x x X x x x Wave x x x x X ↓ ↓
6 min.	Movement / Swimming Skills 8 – Front crawl 100 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	Loop x → x ↓ ↑ x ← x X
2 min.	Entries and Exits 1 – Stride entry into deep water	Stride entry <ul style="list-style-type: none"> demonstrate progressions on deck demonstrate and practice progressions in water focus on keeping eyes forward and hair dry 	Buoyant aid	Wave
6 min.	Movement / Swimming Skills 8 – Back crawl 100 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
3 min.	Movement / Swimming Skills 5 – Eggbeater kick on back 15 m	Eggbeater kick <ul style="list-style-type: none"> demonstrate and practice eggbeater kick on back using pool noodle 	Buoyant aid Pool noodles	Circle

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Time	Item	Activity	Equipment	Formation
6 min.	Movement / Swimming Skills 7 – Breaststroke 50 m	Breaststroke <ul style="list-style-type: none"> demonstrate and practice breaststroke use progressions and stroke drills to reinforce proper technique gradually increase distance 	Buoyant aid	Loop
2 min.	Underwater Skills 4 – Swim underwater 10 m to recover object	Underwater swim and object recovery <ul style="list-style-type: none"> underwater swim using hoops set at 5 m and 10 m marks swim through first hoop retrieve object; swim through second hoop; surface 	Buoyant aid Hoops Sinking objects	Wave
10 min.	Fitness 12 – Workout 300 m: 50 m warm-up (choice of strokes) 4 x 25 m front crawl with 15 sec. rests 4 x 25 m back crawl with 15 sec. rests 50 m cool-down (choice of strokes)	Workout <ul style="list-style-type: none"> complete workout review use of pace clock encourage a consistent pace 	Buoyant aid	Loop
3 min.	Surface Support 3 – Legs-only surface support 45 sec. Water Smart message 13 – Swim with a Buddy <i>“The safest place to play and swim is in an area supervised by lifeguards”</i>	Legs-only and Swim with a Buddy <ul style="list-style-type: none"> review what lifesaving kicks swimmers have been taught in previous levels (eggbeater, scissor, whip kick) choose a kick and practice gradually increase time ask swimmers; how many in the class; what color are their swim suits? what is the significance of knowing who is swimming? 	Buoyant aid	Scattered X x x x x x x

SWIMMER 6 – Lesson 2

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
5 min.	Movement / Swimming Skills 8 – Front crawl 100 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	Loop $\begin{array}{c} x \rightarrow x \downarrow \\ \uparrow x \leftarrow x \\ X \end{array}$
4 min.	Entries and Exits 2 – Compact jump into deep water Water Smart message 13 – Wear a Lifejacket <i>"Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?"</i>	Compact jump and Wear a Lifejacket <ul style="list-style-type: none"> demonstrate and practice compact jumps from varying heights (edge, diving block or diving board) focus on safety; what depth is safe to do a compact jump, swimmers ability etc. put on a PFD but do not do it up properly; now jump in; how did the jacket perform?; stress the importance of wearing the PFD before something happens 	Buoyant aid PFDs	Wave $\begin{array}{c} x \ x \\ \hline x \ x \end{array} \left. \vphantom{\begin{array}{c} x \ x \\ \hline x \ x \end{array}} \right\} X \\ \downarrow \downarrow$
10 min.	Fitness 12 – Workout 300 m: 50 m warm-up (choice of strokes) 4 x 25 m front crawl with 15 sec. rest 4 x 25 m back crawl with 15 sec. rest 50 m cool-down (choice of strokes)	Workout <ul style="list-style-type: none"> complete workout review use of pace clock encourage a consistent pace 	Buoyant aid	Loop
5 min.	Movement / Swimming Skills 8 – Back crawl 100 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
5 min.	Movement / Swimming Skills 7 – Breaststroke 50 m	Breaststroke <ul style="list-style-type: none"> demonstrate and practice breaststroke use progressions and stroke drills to reinforce proper technique gradually increase distance 	Buoyant aid	Loop

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SWIMMER 6 – Lesson 2

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Time	Item	Activity	Equipment	Formation												
6 min.	Fitness 10 – Interval training: 4 x 25 m breaststroke with 30 sec. rests	Interval training <ul style="list-style-type: none"> stress that finishing all 4 swims is important – not speed reinforce proper technique throughout 	Buoyant aid	Loop												
6 min.	Movement / Swimming Skills 5 – Eggbeater kick on back 15 m	Eggbeater kick <ul style="list-style-type: none"> review and practice stationary eggbeater kick demonstrate and practice eggbeater kick on back using noodle 	Buoyant aid Pool noodles	Circle <table style="border-collapse: collapse; margin-left: 40px;"> <tr> <td style="padding: 0 5px;">x</td> <td style="padding: 0 5px;">x</td> <td style="padding: 0 5px;">x</td> <td style="border-left: 1px solid black; padding-left: 5px;"></td> </tr> <tr> <td style="padding: 0 5px;">x</td> <td style="padding: 0 5px;"></td> <td style="padding: 0 5px;">x</td> <td style="border-left: 1px solid black; padding-left: 5px;">X</td> </tr> <tr> <td style="padding: 0 5px;">x</td> <td style="padding: 0 5px;">x</td> <td style="padding: 0 5px;">x</td> <td style="border-left: 1px solid black; padding-left: 5px;"></td> </tr> </table>	x	x	x		x		x	X	x	x	x	
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3 min.	Movement / Swimming Skills 9 – Head-up swim 25 m	Head-up front crawl <ul style="list-style-type: none"> eyes remain at the surface keep mouth low until ready to breathe have a beach ball in front that must remain between the arms 	Buoyant aid Ball	Wave												

SWIMMER 6 – Lesson 3

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
6 min.	Movement / Swimming Skills 6 – Scissor kick 15 m Water Smart message 13 – Swim to Survive <i>"Swim, rest, swim, get there"</i>	Scissor kick and Swim to Survive <ul style="list-style-type: none"> demonstrate and practice on deck scissor kick move to shallow water – side glide position, practice both regular and inverted kick – try holding on to kickboard try scissor kick on left and right side – could this kick be helpful if you found yourself in trouble in the water? 	Buoyant aid Kickboard	Edge of pool xxxxxx X Wave x x x x X ↓ ↓
15 min.	Movement / Swimming Skills 7 – Breaststroke 50 m 8 – Front crawl and back crawl 100 m each	Front crawl, back crawl, breaststroke <ul style="list-style-type: none"> demonstrate and practice use progressions and stroke drills to reinforce proper technique gradually increase distance 	Buoyant aid	Loop x → x ↓ ↑ x ← x X
4 min.	Underwater Skills 4 – Swim underwater 10 m to recover object Movement / Swimming Skills 9 – Head-up swim 25 m	Underwater swim, object recovery and head-up swim <ul style="list-style-type: none"> partner; relay race place objects at the 10 m mark first person swims underwater; retrieves object; returns to start touching the wall; partner swims head-up 25 m 	Buoyant aid Sinking objects	Wave
8 min.	Fitness 10 – Interval training: 4 x 25 m breaststroke with 30 sec. rests	Interval training <ul style="list-style-type: none"> stress that finishing all 4 swims is important – not speed reinforce proper technique throughout 	Buoyant aid	Loop
8 min.	Movement / Swimming Skills 5 – Eggbeater kick on back 15 m	Eggbeater kick <ul style="list-style-type: none"> demonstrate and practice eggbeater on back hands can fin or scull for assistance 	Buoyant aid	Wave
3 min.	Fitness 11 – Sprint breaststroke 25 m	Sprint <ul style="list-style-type: none"> demonstrate and practice breaststroke sprints using pace clock, time and record 	Buoyant aid	Wave

SWIMMER 6 – Lesson 4

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
5 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"> using kickboards for reference; give the class a stack of kick boards; how many for a person, snowmobile, car or truck to safely access in pairs they fall through the ice, practice getting out 	Buoyant aid Kickboards Mats	Line xxxxxx X
5 min.	Movement / Swimming Skills 8 – Front crawl 100 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	Loop x → x ↓ <u>↑ x ← x</u> X
4 min.	Entries and Exits 2 – Compact jump into deep water	Compact jump <ul style="list-style-type: none"> demonstrate and practice compact jumps from varying heights focus on feet first entry, crossed legs and arms tight to body 	Buoyant aid	Wave x x <u>x x</u> X ↓ ↓
5 min.	Movement / Swimming Skills 8 – Back crawl 100 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
5 min.	Movement / Swimming Skills 7 – Breaststroke 50 m	Breaststroke <ul style="list-style-type: none"> demonstrate and practice breaststroke use progressions and stroke drills to reinforce proper technique gradually increase distance 	Buoyant aid	Wave

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SWIMMER 6 – Lesson 4

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Time	Item	Activity	Equipment	Formation
5 min.	Movement / Swimming Skills 5 – Eggbeater kick on back 15 m	Eggbeater kick <ul style="list-style-type: none"> demonstrate and practice eggbeater kick on back use drills to reinforce proper technique gradually increase distance 	Buoyant aid	Wave
5 min.	Movement / Swimming Skills 6 – Scissor kick 15 m	Scissor kick <ul style="list-style-type: none"> demonstrate and practice scissor kick focus on propulsion 	Buoyant aid	Wave
10 min.	Fitness 12 – Workout (300 m): 50 m warm-up (choice of strokes) 4 x 25 m front crawl with 15 sec. rest 4 x 25 m back crawl with 15 sec. rest 50 m cool-down (choice of strokes)	Workout <ul style="list-style-type: none"> complete workout encourage a consistent pace focus on proper technique throughout 	Buoyant aid	Loop

SWIMMER 6 – Lesson 5

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
4 min.	Entries and Exits 1 – Stride entry into deep water 2 – Compact jump into deep water	Stride and compact jump <ul style="list-style-type: none"> demonstrate and practice stride entry – how many times in a row can they keep their hair dry compact jump – as you try different heights, what happens as you get higher? 	Buoyant aid	Wave $\begin{array}{c} x \ x \\ \hline x \ x \end{array} \Bigg X \\ \downarrow \downarrow$
8 min.	Fitness 10 – Interval training: 4 x 25 m breaststroke with 30 sec. rests	Interval training <ul style="list-style-type: none"> stress that finishing all 4 swims is important – not speed reinforce proper technique throughout 	Buoyant aid	Loop $\begin{array}{c} x \rightarrow x \downarrow \\ \leftarrow x \leftarrow x \\ \hline x \end{array}$
6 min.	Surface Support 3 – Legs-only surface support 45 sec.	Legs-only <ul style="list-style-type: none"> hold ball in your hands while treading for 20 sec.; alternate to a new kick every 20 sec. (eggbeater, whip kick and scissor) as above; toss and catch the ball for 20 sec. each kick 	Buoyant aid Ball	Scattered $\begin{array}{c} X \\ \hline x \ x \ x \\ x \ x \\ x \end{array}$
10 min.	Fitness 12 – Workout (300 m): 50 m warm-up (choice of strokes) 4 x 25 m front crawl with 15 sec. rest 4 x 25 m back crawl with 15 sec. rest 50 m cool-down (choice of strokes)	Workout <ul style="list-style-type: none"> complete workout as outlined encourage a consistent pace focus on proper technique throughout 	Buoyant aid	Loop

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SWIMMER 6 – Lesson 5

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Time	Item	Activity	Equipment	Formation
5 min.	Fitness 11 – Sprint breaststroke 25 m	Sprint <ul style="list-style-type: none"> demonstrate and practice breaststroke sprints using pace clock, time and record check pulse and breathing compare time to previous time 	Buoyant aid	Wave
6 min.	Underwater Skills 4 – Swim underwater 10 m to recover object Water Smart message 13 – Swim with a Buddy <i>The safest place to play and swim is in an area supervised by lifeguards</i>	Underwater swim, object recovery and Swim with a Buddy <ul style="list-style-type: none"> in pairs; give a sinking toy; 1 person at the 10 m mark and drop the toy for their partner partner swims underwater, recover object, surface with arm raised; switch focus on strong leg action why work in pairs? 	Buoyant aid	Wave
5 min.	Movement / Swimming Skills 9 – Head-up swim 25 m	Head-up front crawl <ul style="list-style-type: none"> eyes remain at the surface keep mouth low until ready to breathe have a beach ball in front that must remain between the arms 	Buoyant aid Ball	Wave

SWIMMER 6 – Lesson 6

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
9 min.	Movement / Swimming Skills 8 – Front crawl 100 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	Loop $\begin{array}{c} x \rightarrow x \downarrow \\ \hline \uparrow x \leftarrow x \\ x \end{array}$
5 min.	Entries and Exits 2 – Compact jump into deep water Movement / Swimming Skills 9 – Head-up swim 25 m	Compact jump and head-up swim <ul style="list-style-type: none"> demonstrate and compact jumps and then swim head-up to the end repeat from a different height (deck, diving block or diving board) 	Buoyant aid	Wave $\begin{array}{c} x \quad x \\ \hline x \quad x \\ \downarrow \quad \downarrow \end{array} \quad X$
9 min.	Movement / Swimming Skills 8 – Back crawl 100 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
5 min.	Movement / Swimming Skills 5 – Eggbeater kick on back 15 m Water Smart message 13 – Wear a Lifejacket <i>“Is everyone in my family wearing lifejackets in the boat including me? Mom? Dad? Others?”</i>	Eggbeater kick and Wear a Lifejacket <ul style="list-style-type: none"> put a pile of PFDs on deck and have ½ the swimmers put one on demonstrate and practice eggbeater kick on back with arms extended beyond head switch so everyone has an opportunity to try with a lifejacket which was easier and why? 	Buoyant aid PFDs	Wave
9 min.	Movement / Swimming Skills 7 – Breaststroke 50 m	Breaststroke <ul style="list-style-type: none"> demonstrate and practice breaststroke use progressions and stroke drills to reinforce proper technique gradually increase distance 	Buoyant aid	Loop
7 min.	Fitness 10 – Interval training: 4 x 25 m breaststroke with 30 sec. rests	Interval training <ul style="list-style-type: none"> stress that finishing all 4 swims is important – not speed reinforce proper technique throughout 	Buoyant aid	Loop

SWIMMER 6 – Lesson 7

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
4 min.	Surface Support 3 – Legs-only surface support 45 sec. Water Safety message 13 – Swim to Survive <i>"Swim, rest, swim, get there"</i>	Legs-only and Swim to Survive <ul style="list-style-type: none"> practice legs-only hands up, move left, move right, shoulders out demonstrate all three lifesaving kicks swim to survive standard is a 50 m swim; what is the significance and why should we continue to practice that distance? what do we do if we get tired? 	Buoyant aid	Scattered X x x x x x x
15 min.	Movement / Swimming Skills 7 – Breaststroke 50 m 8 – Front crawl and back crawl 100 m each	Front crawl, back crawl, breaststroke <ul style="list-style-type: none"> demonstrate and practice use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Loop x → x ↴ ↵ x ← x X
10 min.	Entries and Exits 2 – Compact jump into deep water Underwater Skills 4 – Swim underwater 10 m to recover object Movement / Swimming Skills 5 – Eggbeater kick on back 15 m Fitness 11 – Sprint breaststroke 25 m	Compact jump, underwater swim, eggbeater and sprint <ul style="list-style-type: none"> incorporate all of the skills into a relay race compact jump to recover object to eggbeater kick on back and sprint breaststroke 25 m; next person goes 	Buoyant aid Sinking objects	Wave x x x x } X ↓ ↓
5 min.	Entries and Exits 1 – Stride entry into deep water Movement / Swimming Skills 6 – Scissor kick 15 m	Stride and scissor kick <ul style="list-style-type: none"> practice stride entry keeping hair dry practice scissor kick 	Buoyant aid	Wave

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SWIMMER 6 – Lesson 7

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Time	Item	Activity	Equipment	Formation
10 min.	Fitness 12 – Workout (300 m): 50 m warm-up (choice of strokes) 4 x 25 m front crawl with 15 sec. rest 4 x 25 m back crawl with 15 sec. rest 50 m cool-down (choice of strokes)	Workout <ul style="list-style-type: none"> • complete workout • encourage a consistent pace • focus on proper technique throughout 	Buoyant aid	Loop

SWIMMER 6 – Lesson 8

Time	Item	Activity	Equipment	Formation
1 min.		Welcome & take attendance	Worksheet	Meeting place
7 min.	<p>Entries and Exits</p> <p>2 – Compact jump into deep water</p> <p>Water Smart message</p> <p>13 – Check the Ice</p> <p><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></p>	<p>Compact jump and Check the Ice</p> <ul style="list-style-type: none"> demonstrate and practice compact jump focus on proper techniques when climbing out – climb out over an "ice" mat 	Buoyant aid Mats	Line xxxxxx X
8 min.	<p>Fitness</p> <p>10 – Interval training: 4 x 25 m breaststroke with 30 sec. rests</p>	<p>Interval training</p> <ul style="list-style-type: none"> stress that finishing all 4 swims is important – not speed reinforce proper technique throughout 	Buoyant aid	Loop x → x ↓ └ x ← x X
4 min.	<p>Fitness</p> <p>9 – Head-up swim 25 m</p>	<p>Head-up swim</p> <ul style="list-style-type: none"> demonstrate and practice head-up swim ensure the distance is met can be relay style, using balls as a visual aid to keep eyes up 	Buoyant aid Ball	Wave x x └ x x ┘ X ↓ ↓
15 min.	<p>Movement / Swimming Skills</p> <p>7 – Breaststroke 50 m</p> <p>8 – Front crawl and back crawl 100 m each</p>	<p>Front crawl, back crawl and breaststroke</p> <ul style="list-style-type: none"> demonstrate and practice use progressions and stroke drills to reinforce proper technique 	Buoyant aid	Loop
10 min.	<p>Entries and Exits</p> <p>1 – Stride entry into deep water</p> <p>Surface Support</p> <p>3 – Legs-only surface support 45 sec.</p> <p>Movement / Swimming Skills</p> <p>5 – Eggbeater kick on back 15 m</p> <p>6 – Scissor kick 15 m</p>	<p>Stride, legs-only, eggbeater and scissor kick</p> <ul style="list-style-type: none"> relay: stride entry, legs-only, eggbeater kick on back 15 m, return 15 m scissor or inverted scissor 	Buoyant aid	Wave
1 min.	Distribute Progress Reports			