

Advanced Temporary Lesson Structure



Advanced Swimmers – (Level 8+)			
Main theme aim	<ul style="list-style-type: none"> Recap front crawl. 	Introduction	<ul style="list-style-type: none"> Register, welcome and returning to lessons information.
		Entry	<ul style="list-style-type: none"> Recap swivel entry and jump entries.
Main theme objective	<ul style="list-style-type: none"> Push and glide and swim 50 meters or more depending on ability front crawl to Swim England expected standard. 	Warm-up	<ul style="list-style-type: none"> Kick of War – large floats.
		Main theme	<ul style="list-style-type: none"> Front crawl (whole – part – whole)
Contrasting activity aim	<ul style="list-style-type: none"> Develop treading water. Recap HELP position. 	Contrasting activity	<ul style="list-style-type: none"> Treading water. Link to water safety.
		Exit	<ul style="list-style-type: none"> Climb out over side.
Contrasting activity objective	<ul style="list-style-type: none"> Tread water using an eggbeater action for 30 seconds. Perform HELP Position. 	Conclusion	<ul style="list-style-type: none"> Recap safety points – changing room protocol. Pool rules recap to remember for the following lesson.
Equipment	<ul style="list-style-type: none"> Large floats. Kickboards. 	Remember to keep each piece of equipment allocated per child and to follow clean down procedures at the end of each lesson.	
Returning to lessons information	<ul style="list-style-type: none"> Cover safe entry and exit, identify the lifeguard, and recap emergency procedures (these as standard Q&A on the poolside). Cover the social distancing rules and how lessons maybe different. 		

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Main theme aim	<ul style="list-style-type: none"> Recap breaststroke. 	Introduction	<ul style="list-style-type: none"> Register, welcome and returning to lessons Information.
		Entry	<ul style="list-style-type: none"> Recap sitting dives.
Main theme objective	<ul style="list-style-type: none"> Push and glide and swim 50 metres or more depending on ability breaststroke to Swim England expected standard. 	Warm-up	<ul style="list-style-type: none"> Slider glider.
		Main theme	<ul style="list-style-type: none"> Breaststroke (whole – part – whole).
Contrasting activity aim	<ul style="list-style-type: none"> Complete obstacle course consisting of a minimum of four objects. 	Contrasting activity	<ul style="list-style-type: none"> Obstacle course and water safety.
		Exit	<ul style="list-style-type: none"> Climb out over side.
Contrasting activity objective	<ul style="list-style-type: none"> Complete an obstacle course with feet off the pool floor throughout. Link in water safety skills here. 	Conclusion	<ul style="list-style-type: none"> Recap safety points – changing room protocol. Pool rules recap to remember for the following lesson.
Equipment	<ul style="list-style-type: none"> Kickboards. 	Remember to keep each piece of equipment allocated per child and to follow clean down procedures at the end of each lesson.	
Returning to lessons Info	<ul style="list-style-type: none"> Cover safe entry and exit, identify the lifeguard, and recap emergency procedures (these as standard Q&A on the poolside). Cover the social distancing rules and how lessons maybe different. 		

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		Entry	<ul style="list-style-type: none"> Recap sitting dives.
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		Main theme	<ul style="list-style-type: none"> Breaststroke (whole – part – whole).
Contrasting activity aim	<ul style="list-style-type: none"> Complete obstacle course consisting of a minimum of four objects. 	Contrasting activity	<ul style="list-style-type: none"> Obstacle course and water safety.
		Exit	<ul style="list-style-type: none"> Climb out over side.
Contrasting activity objective	<ul style="list-style-type: none"> Complete an obstacle course with feet off the pool floor throughout. Link in water safety skills here. 	Conclusion	<ul style="list-style-type: none"> Recap safety points – changing room protocol. Pool rules recap to remember for the following lesson.
Equipment	<ul style="list-style-type: none"> Kickboards. 	Remember to keep each piece of equipment allocated per child and to follow clean down procedures at the end of each lesson.	
Returning to lessons Info	<ul style="list-style-type: none"> Cover safe entry and exit, identify the lifeguard, and recap emergency procedures (these as standard Q&A on the poolside). Cover the social distancing rules and how lessons maybe different. 		