

Improvers Temporary Lesson Structure

Improving Swimmers – Levels 4 to 7			
Main theme aim	<ul style="list-style-type: none"> Recap front crawl leg action, arms and breathing. Recap streamlining. 	Introduction	<ul style="list-style-type: none"> Register, welcome and returning to lessons information / water safety.
		Entry	<ul style="list-style-type: none"> Recap swivel and jump entries.
Main theme objective	<ul style="list-style-type: none"> Kick 10 metres front crawl. Swim front crawl. Perform a push and glide. 	Warm-up	<ul style="list-style-type: none"> Alphabet Floats.
		Main theme	<ul style="list-style-type: none"> Front crawl Leg action, arms and breathing (whole – part – whole).
Contrasting activity aim	<ul style="list-style-type: none"> Introduce travel and coordination through obstacles. 	Contrasting activity	<ul style="list-style-type: none"> Obstacle course.
		Exit	<ul style="list-style-type: none"> Climb out over the side
Contrasting activity objective	<ul style="list-style-type: none"> Travel through a number of obstacles. 	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"> Noodles. 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 lesson rules and water safety	<ul style="list-style-type: none"> Cover safe entry and exit, identify the lifeguard, recap emergency procedures (these as standard Q&A on the poolside). Cover the social distancing rules and how lessons maybe different. 		
Activity	Description		
Alphabet Floats	Participants pair up and discover what letters they can make with their bodies floating on top of the water’s surface. To make it more challenging ask one group to guess what letter the other group are performing and vice versa.		
Obstacle course	Place a number of objects in the water, seaweed, hoops at different water levels, bricks, sinkers. Participants must make their way through the obstacles with either a choice of stroke or a time, this can be changed for each participant to challenge them individually.		

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Main theme aim	<ul style="list-style-type: none"> Develop breaststroke timing, recap arms and leg action. Develop/recap aquatic breathing. 	Introduction	<ul style="list-style-type: none"> Register, welcome and returning to lessons information / water safety.
		Entry	<ul style="list-style-type: none"> Recap swivel and jump entries
Main theme objective	<ul style="list-style-type: none"> Swim breaststroke with at least six rhythmical breaths. Swim breaststroke. Kick 10 metres breaststroke. 	Warm-up	<ul style="list-style-type: none"> Treading water challenge.
		Main theme	<ul style="list-style-type: none"> Breaststroke – breathing and timing (whole – part – whole).
Contrasting activity aim	<ul style="list-style-type: none"> Introduce/develop sculling. Link sculling on back with water safety message around float to live. 	Contrasting activity	<ul style="list-style-type: none"> Sculling.
		Exit	<ul style="list-style-type: none"> Climb out over the side
Contrasting activity objective	<ul style="list-style-type: none"> Recap/master sculling movements linking into strokes. 	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"> Noodles. 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 lesson rules and water safety	<ul style="list-style-type: none"> Cover safe entry and exit, identify the lifeguard, recap emergency procedures (these as standard Q&A on the poolside). Cover the social distancing rules and how lessons maybe different. 		
Activity	Description		
Treading water challenge	Tread water for one minute in a stationary position – progress this onto moving around the pool in follow the leader style. Adapt this for different abilities, give them noodles if they require the support. You can link this game in with traffic light signals and give them different cues to stop and start moving.		
Sculling	Recap and develop sculling in multi directions, linking this skill into different strokes and linking into somersaults.		

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Main theme aim	<ul style="list-style-type: none"> Introduce/develop butterfly recap arms and leg action and timing. Recap aquatic breathing. 	Introduction	<ul style="list-style-type: none"> Register, welcome and returning to lessons information / water safety.
			Entry
Main theme objective	<ul style="list-style-type: none"> Swim butterfly with at least six rhythmical breaths. Kick butterfly over a distance. 	Warm-up	<ul style="list-style-type: none"> Traffic Lights (deep water).
		Main theme	<ul style="list-style-type: none"> Butterfly leg, arm action and timing (whole – part – whole).
Contrasting activity aim	<ul style="list-style-type: none"> Under water match. 	Contrasting activity	<ul style="list-style-type: none"> Under water match.
		Exit	<ul style="list-style-type: none"> Climb out over the side.
Contrasting activity objective	<ul style="list-style-type: none"> Participants to retrieve matching objects/pictures from the bottom of the pool. Recap submersion and aquatic breathing. 	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"> Noodles. 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 lesson rules and water safety	<ul style="list-style-type: none"> Cover safe entry and exit, identify the lifeguard, recap emergency procedures (these as standard Q&A on the poolside). Cover the social distancing rules and how lessons maybe different. 		
Activity	Description		
Traffic Lights (deep water)	Participants are to tread water, when the teacher shows the 'green' signal they can swim anywhere they like with any stroke, when 'Amber' shows they must tread water again and when 'Red' shows they must float in any position they choose.		
Under water match	Lay a number of pictures or objects at the bottom of the pool, participants to take it in turns to swim down and collect two matching pictures or objects. If the pictures are upside down and the participant doesn't match them then they must swim back and take another attempt on their next go.		