

Advanced Swimmers Temporary Lesson Structure

| Advanced Swimmers – (Stage 8,9,10) | | | |
|------------------------------------|---|---|--|
| 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 metres 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. | | |

Advanced Swimmers Temporary Lesson Structure

| Advanced Swimmers – (Stage 8,9,10) | | | |
|------------------------------------|---|---|--|
| 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. | | |

Advanced Swimmers Temporary Lesson Structure

| Advanced Swimmers – (Stage 8,9,10) | | Example three | |
|------------------------------------|--|---|--|
| Main theme aim | <ul style="list-style-type: none">Recap backstroke.Recap distance swimming. | 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 metres or more depending on ability backstroke to Swim England expected standard.Swim a continuous 100 metres IM using recognised strokes where ability is applicable. | Warm-up | |
| | | Main theme | <ul style="list-style-type: none">Backstroke (whole – part – whole). |
| Contrasting activity aim | <ul style="list-style-type: none">Somersaults and correct turns for front crawl and backstroke. | Contrasting activity | <ul style="list-style-type: none">Turns and somersaults. |
| | | Exit | <ul style="list-style-type: none">Climb out over side. |
| Contrasting activity objective | <ul style="list-style-type: none">Perform a forward somersault.Perform a backstroke turn from 10 metres in to 15 metres out. | 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 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. | | |

Advanced Swimmers Temporary Lesson Structure

| Advanced Swimmers – (Stage 8,9,10) | | Example four | |
|------------------------------------|---|---|--|
| Main theme aim | <ul style="list-style-type: none">Recap butterfly. | 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 butterfly to Swim England expected standard. | Warm-up | |
| | | Main theme | <ul style="list-style-type: none">Butterfly (whole – part – whole). |
| Contrasting activity aim | <ul style="list-style-type: none">Recap HELP and Huddle. | Contrasting activity | <ul style="list-style-type: none">Water safety. |
| | | Exit | <ul style="list-style-type: none">Climb out over side. |
| Contrasting activity objective | <ul style="list-style-type: none">Perform HELP and HUDDLE in every day clothing. | 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 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. | | |
| Swimming in clothes - HELP | Apply core aquatics skills learnt to challenge participants if they can complete them swimming in clothes in different scenarios. For example perform a safe entry leading to treading water for a period of time and then traveling through a variety of objects in the water. | | |