

Beginners Temporary Lesson Structure

Beginners (Stages 1 to 3)			
Main theme aim	<ul style="list-style-type: none">Recap/introduce regaining standing on the front.Recap/introduce push and glides.Recap/introduce front crawl leg kick.	Introduction	<ul style="list-style-type: none">Register, welcome and returning to lessons information / water safety.
		Entry	<ul style="list-style-type: none">Swivel.
Main theme objective	<ul style="list-style-type: none">Identify learner’s ability regaining standing on the front.Identify learner’s ability to push and glide.Identify learner’s ability to kick front crawl over 5 metre distance.Establish learner’s confidence in the water	Warm-up	<ul style="list-style-type: none">Shopping lists.
		Main theme	<ul style="list-style-type: none">Front crawl – (whole – part).North, South, East, West.Movement on the front and side ways.
Contrasting activity aim	<ul style="list-style-type: none">Introduce or recap body position for butterfly.	Contrasting activity	<ul style="list-style-type: none">Dolphin and Sharks Adventure.
		Exit	<ul style="list-style-type: none">Climb out or use steps.
Contrasting activity objective	<ul style="list-style-type: none">Travel through the water in an undulating motion over a distance of 5 metre.	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.Arm discs.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
Shopping List	Participants move around the pool collecting items and putting them in the shopping basket (large float or hoop). Teachers can make shopping lists by laminating images of the objects the participants are collecting.
Dolphin and Shark Adventure	All swimmers to travel through the water on an adventure to as one of their favourite sea animals, this can be a shark or dolphin. They need to use their imagination to discover what's underneath the water.
North, South, East, West	Teachers calls North, South, East, West and the participants move backwards to go North and South and sideways to go East and West
Pool rules	Led by the teacher with the participants responding. Examples may include participants showing an understanding of basic pool rules, such as no running.

Beginners Temporary Lesson Structure

Beginners (Stages 1 to 3)			
Main theme aim	<ul style="list-style-type: none">Recap/introduce regaining standing on their back.Recap/introduce push and glides on back.Recap/introduce backstroke leg kick.	Introduction	<ul style="list-style-type: none">Register, welcome and returning to lessons information / water safety.
		Entry	<ul style="list-style-type: none">Swivel.
Main theme objective	<ul style="list-style-type: none">Identify learner’s ability regaining standing on the back.Identify learner’s ability to push and glide on back.Identify learner’s ability to kick backstroke over 5 metre distance.Establish learner’s confidence in the water.	Warm-up	<ul style="list-style-type: none">Traffic Lights.
		Main theme	<ul style="list-style-type: none">Backstroke – (whole – part).
Contrasting activity aim	<ul style="list-style-type: none">Recap/introduce log rolls.	Contrasting activity	<ul style="list-style-type: none">Rocket ships.
		Exit	<ul style="list-style-type: none">Climb out or use steps.
Contrasting activity objective	<ul style="list-style-type: none">Push and glide on the front with arms extended and log roll onto the backPush and glide on the back with arms by the side or extended and log roll onto the front.	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.Arm discs.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	Three coloured objects - red, orange and green. Decide with the participants what each will represent. Red = stop Orange = jumping On the spot or blowing bubbles and green = travelling
Rocket ships	Participants perform a push and glide with arms extended and rotate 180 degrees. Each participant measures how far they have travelled through space and uses a marker such as a sinker to try and push further on the next go.
Pool rules	Led by the teacher with the participants responding. Examples may include participants showing an understanding of basic pool rules, such as no running.

Beginners Temporary Lesson Structure

Beginners (Stages 1 to 3)			
Main theme aim	<ul style="list-style-type: none">Introduce or recap body position and leg kick for breaststroke.Swim breaststroke for 5 metres.	Introduction	<ul style="list-style-type: none">Register, welcome and returning to lessons information.
		Entry	<ul style="list-style-type: none">Swivel.
Main theme objective	<ul style="list-style-type: none">Kick breaststroke action over 5 metres.	Warm-up	<ul style="list-style-type: none">Clock Face.
		Main theme	<ul style="list-style-type: none">Breaststroke (whole – part).Circle Counts.
Contrasting activity aim	<ul style="list-style-type: none">Recap/introduce aquatic breathing with submersion.	Contrasting activity	<ul style="list-style-type: none">Noughts and crosses.
		Exit	<ul style="list-style-type: none">Climb out or use steps.
Contrasting activity objective	<ul style="list-style-type: none">Demonstrate a trickle breathing technique whilst being submerged.	Conclusion	<ul style="list-style-type: none">Recap safety points – changing room protocol.
Equipment	<ul style="list-style-type: none">Noodles.Arm discs.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
Clock Face	Using a large float participants take it in turns to travel around pool collecting number floats and then bring them back to the float to create a clock face.
Circle Counts	Learners either on their front or their back count how many Breaststroke leg kicks it takes them to get from start to finish of their swim. Once they have this number they discuss why their number was high or low and then discuss how they can reduce the number of leg kicks to get across to the other side. Add the glide in for longer to reduce the number, increase the power of the kick.
Noughts and crosses	Using a ready-made sinkable noughts and crosses game, split the participants into two groups. Take it in turns to submerge and place your relevant circle or cross on the board.
Pool rules	Led by the teacher with the participants responding. Examples may include participants showing an understanding of basic pool rules, such as no running.