



Department of Education

SWIM & SURVIVE – STAGE 11

LESSON PLANS



ROYAL LIFE SAVING
WESTERN AUSTRALIA





STAGE 11 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 11.

Stage 11 progresses all swim and survive strands, including underwater skills, survival and rescue skills and continues to refine all swimming strokes. These lesson plans provide students with the opportunity to attempt each skill at least three times. Teachers should be aware that continual assessment of skills is recommended, and that each lesson is broken down into a variety of activities to keep students engaged, interested and allow a smooth progression of each skill over the ten lessons.

While every class varies, these lesson plans provide a sound basis from which teachers can adapt their delivery to suit the individual needs and abilities of a class.

If adopted widely, these lesson plans provide teachers with a consistent framework and progression for teaching the skill requirements of Stage 11. This ensures continuity when lessons are covered by a relief or interim teacher.

It is important to note these lesson plans form part of a suite of resources for Swim and Survive Instructors. Their delivery should be accompanied by use of and an understanding of the following:

- Stage Certificates
- Class Administration Sheet
- Assessor Guide
- Online quizzes



STAGE 11 - SWIM AND SURVIVE



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LESSON

STRAND	1	2	3	4	5	6	7	8	9	10
Entries & Exits										
Sculling & Body Orientation										
Underwater Skills										
Freestyle										
Breaststroke										
Backstroke										
Survival Backstroke										
Sidestroke										
Butterfly										
Continuous Swim										
Survival Skills										
Rescue Skills										

STAGE 11 - SWIM AND SURVIVE

STRAND	ICON	DESCRIPTION
Entries & Exits		Deep water entries and exits
Sculling & Body Orientation		Forward and backward somersault
Underwater Skills		Surface dive and recover object in 1.5m water. Swim underwater 5m
Swimming Strokes		100m Freestyle 100m Breaststroke 50m Backstroke 15m Butterfly
Survival Swimming Strokes		50m Survival Backstroke 50m Sidestroke
Continuous Swim		Swim 100m (Using 2 strokes)
Survival Skills		Survival swim 100m wearing short length clothes (50m freestyle, 50m survival). Float for 2 minutes without aid. Safely use lifejacket (fit out of water, enter and float for 1 minute, swim 25m).
Rescue Skills		Reach and throw rescue person 5m from safety. Initiative in assessment and rescue.

LESSON PLAN - 1 | STAGE 11

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<p>Introduction:</p> <ul style="list-style-type: none"> • Learn names • Establish safety rules • Provide overview of Stage 11 and lesson 1 	<ul style="list-style-type: none"> • Get to know the names of students • Set clear safety rules that meet the rules of the pool I.e. no diving in shallow end, no running
15 Minutes	<p>Review of Stage 10:</p> <ul style="list-style-type: none"> • 100m Freestyle • 50m Backstroke • 50m Breaststroke • 50m Survival backstroke • 50m Sidestroke • 15m Butterfly 	<p>Use this to assess competency of your class Across all strokes, look for:</p> <ul style="list-style-type: none"> • Ability to swim continuously • Body position • Leg action • Arm action • Breathing <p>*NB: Some students may be not swum for a while, allow rests between strokes where needed.</p>
15 Minutes	<p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) • 2 x 25m One arm freestyle (with board) • 2 x 25m Freestyle (with board) 	<ul style="list-style-type: none"> • Continuous flutter kick • Effective breathing pattern • Bent arm recovery
	<p>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 25m Breaststroke kick (with board) • 2 x 25m One on top, one underneath 	<ul style="list-style-type: none"> • Symmetrical kick • Pull, breathe, kick, glide sequence • Symmetrical and simultaneous arm action
5 Minutes	<p>Reach rescue: Scenario: You and a friend were playing on a jetty and your friend has fallen in and gotten into trouble. Use a reach rescue to help them out.</p> <p>In pairs practise reach rescues, switching roles</p>	<ul style="list-style-type: none"> • Discuss water safety as rescues are undertaken. I.e. the importance of constant reassurance 'It's going to be okay' • Ensure rescuer is firmly anchored to edge and secures patient to edge

Equipment Required:

Kickboards (1 per student)

Aid for reach rescue: pool noodle or similar

LESSON PLAN - 2 | STAGE 11

TIME	ACTIVITY + SKILLS	TEACHING TIPS
10 Minutes	<p>Introduction:</p> <ul style="list-style-type: none"> • Roll call & reinforcement of safety rules • Provide overview of lesson • Emergency Drill 	<ul style="list-style-type: none"> • Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running • Emergency drill will happen during lesson 2
15 Minutes	<p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 25m Freestyle kick • 4 x 25m Freestyle 	<ul style="list-style-type: none"> • Alternate kicking from hips. • High elbow recovery, smooth head rotation, breathe to side
	<p>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 25m Two kicks, one pull • 2 x 25m Breaststroke (extended glide) • 50m Breaststroke 	<ul style="list-style-type: none"> • Feet turned out, symmetrical kick • Symmetrical and simultaneous arm action • Glide with arms and legs extended
10 Minutes	<p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Backstroke kick • 2 x 25m Six kick switch • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Hips near surface, pointed toes • One arm leading, count six kicks, switch leading arm • Straight alternating arms, brush ear with arm
5 Minutes	<p>Throw Rescue: Scenario: You and a friend were playing on a jetty and your friend has fallen in and gotten into trouble. Use a throw rescue to help them out.</p> <p>In pairs practise throw rescues, switching roles</p>	<ul style="list-style-type: none"> • Discuss water safety as rescues are undertaken. I.e. the importance of constant reassurance 'It's going to be okay'. • Ensure rescuer is firmly anchored to edge and secures patient to edge.

Equipment Required:

Kickboards (1 per student)

Aid for throw rescue: rope or similar

LESSON PLAN - 3 | STAGE 11

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Roll call & reinforcement of safety rules Provide overview of lesson 	<ul style="list-style-type: none"> Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running.
10 Minutes	Backstroke: <ul style="list-style-type: none"> 2 x 25m Backstroke kick (with board) 2 x 25m Six kick switch 2 x 50m Backstroke 	<ul style="list-style-type: none"> Streamlined body position Alternate kicking from hips Alternate and continuous arm action
	Freestyle: <ul style="list-style-type: none"> 2 x 25m Freestyle (extended arm reach) 2 x 50m Freestyle 	<ul style="list-style-type: none"> Streamlined body position, coordinated breathing with arm stroke
15 Minutes	Sidestroke: <ul style="list-style-type: none"> 2 x 10m Sidestroke kick (with aid) 2 x 25m Sidestroke 	<ul style="list-style-type: none"> Noodles behind shoulders or boards, one in each hand Pull leading arm to shoulder level, bring trailing arm up to shoulder Push trailing arm to thigh, extend leading arm Scissor kick leg action
	Survival backstroke: <ul style="list-style-type: none"> 2 x 25m Survival backstroke kick 2 x 50m Survival backstroke 	<ul style="list-style-type: none"> Head stationary, symmetrical kick Arm action: Symmetrical and simultaneous push in a curved pathway Glide after each stroke
5 Minutes	Forward & backwards somersault Recover object from bottom of pool: Surface dive and recover object in 1.5 water. Swim underwater 5m.	<ul style="list-style-type: none"> Rotation in a single plane Effective arm action Finish in appropriate position

Equipment Required:

Kickboards (1 per student)
Underwater toys

LESSON PLAN - 4 | STAGE 11

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call & reinforcement of safety rules • Provide overview of lesson 	<ul style="list-style-type: none"> • Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running
5 Minutes	Forward & backwards somersaults	<ul style="list-style-type: none"> • Rotation in a single plane • Effective arm action • Finish in appropriate position
5 Minutes	Backstroke: <ul style="list-style-type: none"> • 2 x 25m Breaststroke kick • 2 x 50m Breaststroke 	<ul style="list-style-type: none"> • Feet turned out, symmetrical kick • Symmetrical and simultaneous arm action • Glide with arms and legs extended
15 Minutes	Butterfly: <ul style="list-style-type: none"> • 2 x 15m Dolphin kick • 2 x 15m Breaststroke arms, dolphin kick • 15m Butterfly 	<ul style="list-style-type: none"> • Encourage movement of hips/bending of knees • Feet to kick down together • High arm recovery
	Sidestroke: <ul style="list-style-type: none"> • 2 x 25m Sidestroke kick (with aid) • 2 x 25m Sidestroke (extended glide) • 50m Sidestroke 	<ul style="list-style-type: none"> • Noodles behind shoulders or boards, one in each hand. • One arm extended, other by side • Scissor kick action • Glide after each stroke
10 Minutes	Survival Swim: <ul style="list-style-type: none"> • 100m wearing short length clothes • 50m freestyle, 50m survival • Float 2 minutes without aid • Fit lifejacket out of water • Enter water and float for 1 minute • Swim 25m 	<ul style="list-style-type: none"> • Guide students through the sequence • Discuss water safety as drill is undertaken.

Equipment Required:

Kickboards (1 per student)
Lifejacket

LESSON PLAN - 5 | STAGE 11

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Roll call & reinforcement of safety rules Provide overview of lesson 	<ul style="list-style-type: none"> Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running
10 Minutes	Sidestroke: <ul style="list-style-type: none"> 50m Sidestroke kick (with aid) 50m Sidestroke 	<ul style="list-style-type: none"> Noodles behind shoulders or boards, one in each hand One arm extended, other by side Glide between kicks
	Butterfly: <ul style="list-style-type: none"> 25m Dolphin kick (with board) 2 x 25m One arm butterfly (switch halfway) 2 x 15m Butterfly (underwater dolphin kick back to wall) 	<ul style="list-style-type: none"> Kick with feet together Hand enters water in line with shoulders Pull is outwards, then inwards in a keyhole shaped pattern
20 Minutes	Freestyle: <ul style="list-style-type: none"> 2 x 25m Freestyle kick 	<ul style="list-style-type: none"> Continuous flutter kick Streamlined body position
	100m Swim: <ul style="list-style-type: none"> 2 strokes, student choice 	Across all strokes, look for: <ul style="list-style-type: none"> Ability to swim continuously Body position Leg action Arm action Breathing
10 Minutes	Entries & Recover object from bottom of pool Stride Entry: Scenario: You must leave a boat but keep an eye on land. Use a stride entry to enter water Surface dive and recover object in 1.5 water. Swim underwater 5m.	<ul style="list-style-type: none"> Body to learn forward Stride into pool with arms extended out to side Arms push down on entry to slow downward movement Head kept above water

Equipment Required:

Kickboards (1 per student)
Underwater toys

LESSON PLAN - 6 | STAGE 11

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Roll call & reinforcement of safety rules Provide overview of lesson 	<ul style="list-style-type: none"> Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running
15 Minutes	Breaststroke: <ul style="list-style-type: none"> 2 x 25m Breaststroke kick 100m Breaststroke 	<ul style="list-style-type: none"> Feet turned out, symmetrical kick Symmetrical and simultaneous arm action Glide with arms and legs extended
	Freestyle: <ul style="list-style-type: none"> 2 x 25m Freestyle kick 100m Freestyle 	<ul style="list-style-type: none"> Streamlined body position Coordinated breathing with arm stroke Continuous flutter kick
10 Minutes	Butterfly: <ul style="list-style-type: none"> 2 x 25m Butterfly kick 25m Left arm, right arm, both arms 2 x 15m Butterfly 	<ul style="list-style-type: none"> Encourage movement of hips/bending of knees Feet to kick down together High arm recovery
10 Minutes	Survival Swim: <ul style="list-style-type: none"> 100m wearing short length clothes 50m freestyle, 50m survival Float 2 minutes without aid Fit lifejacket out of water Enter water and float for 1 minute Swim 25m 	<ul style="list-style-type: none"> Continuous survival swim, wearing short length clothes Guide students through the sequence Discuss water safety as sequence progresses

Equipment Required:

Kickboards (1 per student)
Lifejackets

LESSON PLAN - 7 | STAGE 11

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Roll call & reinforcement of safety rules Provide overview of lesson 	<ul style="list-style-type: none"> Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running
15 Minutes	Freestyle: <ul style="list-style-type: none"> 2 x 25m Freestyle kick (with board) 	<ul style="list-style-type: none"> Continuous flutter kick Regular breathing pattern High elbow arm recovery
	100m Swim: <ul style="list-style-type: none"> 2 strokes, student choice 	Across all strokes, look for: <ul style="list-style-type: none"> Ability to swim continuously Body position Leg action Arm action Breathing
10 Minutes	Survival backstroke: <ul style="list-style-type: none"> 2 x 25m Survival backstroke 50m Survival backstroke 	<ul style="list-style-type: none"> Head stationary, symmetrical kick Arm action: Symmetrical and simultaneous push in a curved pathway Glide after each stroke
	Sidestroke: <ul style="list-style-type: none"> 2 x 25m Sidestroke 50m Sidestroke 	<ul style="list-style-type: none"> One arm extended, other by side Scissor kick action Glide after each stroke
10 Minutes	Entries & Exits: Accidental fall in Step Entry Compact Jump Stirrup Lift	<ul style="list-style-type: none"> Safe and confident entries Looking at point of entry Ability to recover and bring head above water.

Equipment Required:

Kickboards (1 per student)

LESSON PLAN - 8 | STAGE 11

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<p>Introduction:</p> <ul style="list-style-type: none"> • Roll call & reinforcement of safety rules • Provide overview of lesson 	<ul style="list-style-type: none"> • Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running
10 Minutes	<p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) • 100m Freestyle 	<ul style="list-style-type: none"> • Horizontal body position • Coordination breathing with arm stroke
	<p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Backstroke kick • 50m Backstroke 	<ul style="list-style-type: none"> • Streamlined body position • Alternate kicking from hips • Alternate and continuous arm action
	<p>Breaststroke:</p> <ul style="list-style-type: none"> • 25m Breaststroke kick (with board) • 100m Breaststroke 	<ul style="list-style-type: none"> • Pull-breath-kick-glide sequence. • Symmetrical and simultaneous arm action • Glide with arms and legs extended
10 Minutes	<p>Reach & Throw Rescues: Scenario: You and a friend were playing on a jetty and your friend has fallen in and gotten into trouble. Use a reach/throw rescue to help them out.</p>	<ul style="list-style-type: none"> • Discuss water safety as rescues are undertaken. I.e. the importance of constant reassurance 'It's going to be okay' • Ensure rescuer is firmly anchored to edge and secures patient to edge
10 Minutes	<p>Survival Swim:</p> <ul style="list-style-type: none"> • 100m wearing short length clothes • 50m freestyle, 50m survival • Float 2 minutes without aid • Fit lifejacket out of water • Enter water and float for 1 minute • Swim 25m 	<ul style="list-style-type: none"> • Continuous survival swim, wearing short length clothes • Discuss water safety as sequence progresses

Equipment Required:

Kickboards (1 per student)

Aids for reach and throw rescues: pool noodle, rope or similar

Lifejackets

LESSON PLAN - 9 | STAGE 11

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Roll call & reinforcement of safety rules Provide overview of lesson 	<ul style="list-style-type: none"> Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running.
10 Minutes	Freestyle: <ul style="list-style-type: none"> 2 x 25m Freestyle kick (with board) 	<ul style="list-style-type: none"> Streamlined body position Continuous flutter kick
	100m Swim: <ul style="list-style-type: none"> 2 strokes, student choice 	Across all strokes, look for: <ul style="list-style-type: none"> Ability to swim continuously Body position Leg action Arm action Breathing
15 Minutes	Butterfly: <ul style="list-style-type: none"> 2 x 25m Dolphin kick (with board) 2 x 25m Left arm, right arm both arms 2 x 15m Butterfly (underwater dolphin kick back to wall) 	<ul style="list-style-type: none"> Kick with feet together Hand enters water in line with shoulders Pull is outwards, then inwards in a keyhole shaped pattern
	Swimming strokes: <ul style="list-style-type: none"> 50m Backstroke 2 x 50m Breaststroke 25m Survival backstroke 25m Sidestroke 	Across all strokes, look for: <ul style="list-style-type: none"> Ability to swim continuously Body position Leg action Arm action Breathing
10 Minutes	Deep Water Entries & Somersaults: Switch between practising <ul style="list-style-type: none"> Stride entries Step in entries Compact Jump Accidental fall in Forward and backward somersaults 	<ul style="list-style-type: none"> Safe and confident entries Looking at point of entry (stride straight ahead) Ability to recover and bring head above water.

Equipment Required:

Kickboards (1 per student)

LESSON PLAN - 10 | STAGE 11

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<p>Introduction:</p> <ul style="list-style-type: none"> • Roll call & reinforcement of safety rules • Provide overview of lesson 	<ul style="list-style-type: none"> • Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running.
15 Minutes	<p>Swimming strokes:</p> <ul style="list-style-type: none"> • 100m Freestyle • 100m Breaststroke • 50m Backstroke • 50m Survival backstroke • 50m Sidestroke • 15m Butterfly 	<p>Across all strokes, look for:</p> <ul style="list-style-type: none"> • Ability to swim continuously • Body position • Kick • Arm action • Breathing
10 Minutes	<p>Reach & Throw Rescues: Scenario: You and a friend were playing on a jetty and your friend has fallen in and gotten into trouble. Use a reach/throw rescue to help them out.</p> <p>In pairs practise reach/throw rescues, switching roles</p>	<ul style="list-style-type: none"> • Discuss water safety as rescues are undertaken. I.e. the importance of constant reassurance 'It's going to be okay'. • Ensure rescuer is firmly anchored to edge and secures patient to edge.
10 Minutes	<p>Entries & Underwater skills: Switch between practising</p> <ul style="list-style-type: none"> • Stride entries • Compact Jump • Accidental fall in • Recover object from bottom of pool 	<ul style="list-style-type: none"> • Safe and confident entries • Looking at point of entry (stride straight ahead) • Ability to recover and bring head above water. • Surface dive, eyes open, turn on back for potential dangers when surfacing

Equipment Required:

Kickboards (1 per student)

Aids for reach and throw rescues: pool noodle, rope or similar

Underwater toys

FOR MORE INFORMATION

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