



SWIM & SURVIVE – STAGE 12

LESSON PLANS



ROYAL LIFE SAVING
WESTERN AUSTRALIA





STAGE 12 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 12.

Stage 12 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 12. 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 12 - 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 12 - SWIM AND SURVIVE

STRAND	ICON	DESCRIPTION
Entries & Exits		Safe dive entry
Sculling & Body Orientation		Eggbeater kick without arms
Underwater Skills		Surface dive and recover 2 objects in 1.5m water. Swim underwater 6m
Swimming Strokes		150m Freestyle 100m Breaststroke 50m Backstroke 25m Butterfly
Survival Swimming Strokes		50m Survival Backstroke 50m Sidestroke
Continuous Swim		Swim 200m (Using 4 strokes)
Survival Skills		Survival swim 100m wearing long length clothes (50m freestyle, 50m survival). Float for 3 minutes with aid. Safely use lifejacket (fit in water, float for 2 minutes, swim 50m)
Rescue Skills		Throw and Wade rescue person 10m from safety. Initiative in assessment and rescue.

LESSON PLAN - 1 | STAGE 12

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 12 and lesson 1 	<ul style="list-style-type: none"> • Get to know the names of your students • Set clear safety rules that meet the rules of the pool I.e. no diving in shallow end, no running
20 Minutes	<p>Review of Stage 11:</p> <ul style="list-style-type: none"> • 100m Freestyle • 50m Backstroke • 100m 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 not have swum for a while, allow rests between strokes where needed</p>
10 Minutes	<p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) • 2 x 25m Freestyle (with board) 	<ul style="list-style-type: none"> • Streamlined body position • Effective breathing pattern • Alternate kicking from hips • High elbow and low wrist recovery
	<p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Backstroke kick (with board) • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Horizontal, streamlined body position • Effective kick • Efficient under water arm action • Straight arm recovery, with alternating arms
5 Minutes	<p>Eggbeater kick: Practise eggbeater kick as a group (no arm action)</p>	<ul style="list-style-type: none"> • Students heads and arms above water • Appropriate leg action • Discuss 4 A's, non-swimmer and dangers in different types of environments as students' practice

Equipment Required:

Kickboards (1 per student)

LESSON PLAN - 2 | STAGE 12

TIME	ACTIVITY + SKILLS	TEACHING TIPS
10 Minutes	Introduction: <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
10 Minutes	Freestyle: <ul style="list-style-type: none"> 2 x 15m Freestyle kick 4 x 15m One arm freestyle (with board) 2 x 25m Freestyle 	<ul style="list-style-type: none"> Streamlined body position Effective breathing pattern Alternate kicking from hips High elbow and low wrist recovery
	Backstroke: <ul style="list-style-type: none"> 2 x 25m Backstroke kick 2 x 25m Six kick switch 	<ul style="list-style-type: none"> Horizontal, streamlined body position Effective kick Efficient under water arm action Straight arm recovery, with alternating arms
15 Minutes	Breaststroke: <ul style="list-style-type: none"> 2 x 25m Breaststroke kick (with board) 2 x 25m One on top, one underneath 2 x 25m Two kicks, one pull 	<ul style="list-style-type: none"> Horizontal, streamlined body position Symmetrical kick Pull-Breath-Kick-Glide sequence Arms and legs fully extended on the glide
	Survival backstroke: <ul style="list-style-type: none"> 2 x 25m Survival backstroke kick (with board) 2 x 25m Survival backstroke (extended glide) 	<ul style="list-style-type: none"> Horizontal body position on water surface Symmetrical and simultaneous kick in circular action Legs fully extended; toes pointed Symmetrical and simultaneous push of arms in a curved pathway
5 Minutes	Safe dive entry: Students to enter one after the other to complete a dive entry	<ul style="list-style-type: none"> Lock hands together and lock head into position with arms. Chin tucked to chest Bend forward at hips and bend knees Steer up on entry
	Surface Dive and Recover Object: Students to practice surface diving to recover 2 objects, then swimming underwater for 6 metres	<ul style="list-style-type: none"> In-water approach Eyes open Effective arm and leg action Turn on back to look for

Equipment Required:

Kickboards (1 per student)
Underwater toys

LESSON PLAN - 3 | STAGE 12

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	Backstroke: <ul style="list-style-type: none"> 2 x 25m Backstroke kick 2 x 15m One arm backstroke 50m Backstroke 	<ul style="list-style-type: none"> Horizontal, streamlined body position Effective kick Efficient under water arm action Straight arm recovery, with alternating arms
	Freestyle: <ul style="list-style-type: none"> 2 x 25m Freestyle kick 2 x 15m One arm freestyle (with board) 2 x 50m Freestyle 	<ul style="list-style-type: none"> Streamlined body position Effective breathing pattern Alternate kicking from hips High elbow and low wrist recovery
10 Minutes	Butterfly: <ul style="list-style-type: none"> 2 x 15m Dolphin kick (with board) 2 x 15m One arm butterfly (switch halfway) 2 x 15m Butterfly 	<ul style="list-style-type: none"> Horizontal, streamlined body on water surface Legs kick simultaneously Full arm extension, high arm recovery
10 Minutes	Throw & Wade Rescue: <ul style="list-style-type: none"> In pairs, have one person in water as patient, another ready to throw aid or to enter the water and wade out until close enough to accurately reach out to the person with the aid Safe and steady pull Secure person to edge Assist person to safely exit using stirrup lift 	<ul style="list-style-type: none"> Encourage constant reassurance and talking to patient (“It’s going to be okay” “we are almost there” etc.) Discuss water safety as students are doing this. I.e. shock, RICER, non-swimmer, secondary survey and after care

Equipment Required:

Kickboards (1 per student)

Aid for throw/wade rescues: rope/noodle

LESSON PLAN - 4 | STAGE 12

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"> 2 x 25m Sidestroke kick (with board) 2 x 25m Sidestroke 	<ul style="list-style-type: none"> Horizontal, streamlined body position, completely on the side Ear in water Upper arms and legs propel at the same time Legs extended together in glide position
15 Minutes	Breaststroke: <ul style="list-style-type: none"> 2 x 15m Breaststroke kick (with board) 2 x 25m Two kicks, one pull 2 x 25m Breaststroke 	<ul style="list-style-type: none"> Horizontal, streamlined body position Symmetrical kick Pull-Breath-Kick-Glide sequence Arms and legs fully extended on the glide
	Butterfly: <ul style="list-style-type: none"> 2 x 15m Dolphin kick 2 x 15m One arm butterfly (switch halfway) 25m Butterfly 	<ul style="list-style-type: none"> Horizontal, streamlined body on water surface Legs kick simultaneously Full arm extension, high arm recovery
10 Minutes	Survival Swim: 100m wearing long length clothes: <ul style="list-style-type: none"> 50m Freestyle 50m Survival Float 3 minutes with aid Safely use lifejacket, fit in the water Float for 2 minutes Swim 50m 	<ul style="list-style-type: none"> Guide students through the sequence Discuss water safety as drill is undertaken

Equipment Required:

Kickboards (1 per student)
Lifejackets

LESSON PLAN - 5 | STAGE 12

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>Warm-up:</p> <ul style="list-style-type: none"> 2 x 25m Freestyle kick <p>200m swim:</p> <ul style="list-style-type: none"> 4 strokes, student choice 	<ul style="list-style-type: none"> Continuous flutter kick Encourage continuous kick and lengthening of stroke for those that get tired
10 Minutes	<p>Survival Backstroke:</p> <ul style="list-style-type: none"> 2 x 25m Survival backstroke kick 50m Survival backstroke 	<ul style="list-style-type: none"> Horizontal body position on water surface Symmetrical and simultaneous kick in circular action Legs fully extended; toes pointed Symmetrical and simultaneous push of arms in a curved pathway
	<p>Sidestroke:</p> <ul style="list-style-type: none"> 2 x 15m Sidestroke kick (with board) 50m Sidestroke 	<ul style="list-style-type: none"> Horizontal, streamlined body position, completely on the side Ear in water Upper arms and legs propel at the same time Legs extended together in glide position
10 Minutes	<p>Safe dive entry and underwater skills: Safe dive Entry</p> <p>Surface Dive and recover object: Students to practice surface diving to recover 2 objects, then swimming underwater for 6 metres</p>	<ul style="list-style-type: none"> Lock hands together and lock head into position with arms Chin tucked to chest Bend forward at hips and bend knees Steer up on entry In-water approach Eyes open Effective arm and leg action Turn on back to look for potential dangers when surfacing

Equipment Required:

Kickboards (1 per student)
Underwater toys

LESSON PLAN - 6 | STAGE 12

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>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 25m 3 Kick breaststroke • 2 x 25m Two kicks, one pull • 50m breaststroke 	<ul style="list-style-type: none"> • Horizontal, streamlined body position • Symmetrical kick • Pull-Breath-Kick-Glide sequence • Arms and legs fully extended on the glide
	<p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Backstroke kick • 2 x 25m Six kick switch • 50m Backstroke 	<ul style="list-style-type: none"> • Horizontal, streamlined body position • Effective kick • Efficient under water arm action • Straight arm recovery, with alternating arms
10 Minutes	<p>Butterfly:</p> <ul style="list-style-type: none"> • 2 x 15m Dolphin kick (with board) • 2 x 15m One arm butterfly (switch halfway) • 15m Left arm, right arm, both arms • 25m Butterfly 	<ul style="list-style-type: none"> • Horizontal, streamlined body on water surface • Legs kick simultaneously • Full arm extension, high arm recovery
10 Minutes	<p>Survival Swim:</p> <p>100m wearing long length clothes:</p> <ul style="list-style-type: none"> • 50m Freestyle • 50m Survival • Float 3 minutes with aid • Safely use lifejacket, fit in the water • Float for 2 minutes • Swim 50m 	<ul style="list-style-type: none"> • Guide students through the sequence • Discuss water safety as drill is undertaken

Equipment Required:

Kickboards (1 per student)
Lifejackets

LESSON PLAN - 7 | STAGE 12

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>Warm-up:</p> <ul style="list-style-type: none"> • 2 x 25m Freestyle kick <p>200m swim:</p> <ul style="list-style-type: none"> • 4 Strokes, student choice 	<ul style="list-style-type: none"> • Continuous flutter kick • Encourage continuous kick and lengthening of stroke for those that get tired
15 Minutes	<p>Survival Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Survival backstroke kick • 2 x 25m Survival backstroke (extended glide) • 50m Survival backstroke 	<ul style="list-style-type: none"> • Horizontal body position on water surface • Symmetrical and simultaneous kick in circular action • Legs fully extended; toes pointed • Symmetrical and simultaneous push of arms in a curved pathway
	<p>Sidestroke:</p> <ul style="list-style-type: none"> • 2 x 25m Sidestroke kick (with board) • 50m Sidestroke 	<ul style="list-style-type: none"> • Horizontal, streamlined body position, completely on the side • Ear in water • Upper arms and legs propel at the same time • Legs extended together in glide position
5 Minutes	<p>Safe Dive Entry & Eggbeater kick: Safe dive entry</p> <p>Eggbeater kick</p>	<ul style="list-style-type: none"> • Lock hands together and lock head into position with arms. • Chin tucked to chest. • Bend forward at hips and bend knees • Steer up on entry • Students heads and arms above water • Appropriate leg action • Discuss water safety as student's complete eggbeater kick

Equipment Required:

Kickboards (1 per student)

LESSON PLAN - 8 | STAGE 12

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>All strokes:</p> <ul style="list-style-type: none"> • 150m Freestyle • 100m Backstroke • 100m Breaststroke • 50m Survival backstroke • 50m Sidestroke 	<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
5 Minutes	<p>Butterfly:</p> <ul style="list-style-type: none"> • 2 x 15m Dolphin kick • 25m Butterfly 	<ul style="list-style-type: none"> • Horizontal, streamlined body on water surface • Legs kick simultaneously • Full arm extension, high arm recovery
5 Minutes	<p>Safe Dive Entry: Students to enter one after the other to complete a dive entry</p>	<ul style="list-style-type: none"> • Lock hands together and lock head into position with arms • Chin tucked to chest • Bend forward at hips and bend knees • Steer up on entry
10 Minutes	<p>Throw & Wade Rescue:</p> <ul style="list-style-type: none"> • In pairs, have one person in water as patient, another ready to throw aid or to enter the water and wade out until close enough to accurately reach out to the person with the aid • Safe and steady pull • Secure person to edge • Assist person to safely exit using stirrup lift 	<ul style="list-style-type: none"> • Encourage constant reassurance and talking to patient (“It’s going to be okay”; “we are almost there” etc.) • Discuss water safety as students are doing this. I.e. shock, RICER, non-swimmer, secondary survey and after care

Equipment Required:

Kickboards (1 per student)

Aid for throw/wade rescues: rope/noodle

Manikins if available

LESSON PLAN - 9 | STAGE 12

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"> 25m Freestyle kick 150m Freestyle 25m Freestyle (switch to backstroke) 	<ul style="list-style-type: none"> Streamlined body position Effective breathing pattern Alternate kicking from hips High elbow and low wrist recovery
	Butterfly: <ul style="list-style-type: none"> 2 x 25m Dolphin kick (underwater) 25m Butterfly 	<ul style="list-style-type: none"> Horizontal, streamlined body on water surface Legs kick simultaneously Full arm extension, high arm recovery
10 Minutes	Throw & Wade Rescue: <ul style="list-style-type: none"> In pairs, have one person in water as patient, another ready to throw aid or to enter the water and wade out until close enough to accurately reach out to the person with the aid Safe and steady pull Secure person to edge Assist person to safely exit using stirrup lift 	<ul style="list-style-type: none"> Encourage constant reassurance and talking to patient ("It's going to be okay"; "We are almost there" etc.) Discuss water safety as students are doing this. I.e. shock, RICER, non-swimmer, secondary survey and after care
10 Minutes	Survival Swim: 100m wearing long length clothes: <ul style="list-style-type: none"> 50m Freestyle 50m Survival Float 3 minutes with aid Safely use lifejacket, fit in the water Float for 2 minutes Swim 50m 	<ul style="list-style-type: none"> Guide students through the sequence Discuss water safety as drill is undertaken

Equipment Required:

Kickboards (1 per student)

Aid for throw/wade rescues: rope/noodle

Lifejackets

LESSON PLAN - 10 | STAGE 12

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>Warm-up:</p> <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) <p>200m swim:</p> <ul style="list-style-type: none"> • 4 Strokes, student choice 	<ul style="list-style-type: none"> • Continuous flutter kick • Encourage continuous kick and lengthening of stroke for those that get tired
10 Minutes	<p>Butterfly:</p> <ul style="list-style-type: none"> • 2 x 15m Dolphin kick • 2 x 15m Left arm, right arm, both arms • 25m Butterfly 	<ul style="list-style-type: none"> • Horizontal, streamlined body on water surface • Legs kick simultaneously • Full arm extension, high arm recovery
10 Minutes	<p>Sidestroke:</p> <ul style="list-style-type: none"> • 2 x 25m Sidestroke kick • 50m Sidestroke 	<ul style="list-style-type: none"> • Horizontal, streamlined body position, completely on the side • Ear in water • Upper arms and legs propel at the same time • Legs extended together in glide position
	<p>Survival Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Survival backstroke kick • 50m Survival backstroke 	<ul style="list-style-type: none"> • Horizontal body position on water surface • Symmetrical and simultaneous kick in circular action • Legs fully extended; toes pointed • Symmetrical and simultaneous push of arms in a curved pathway
5 Minutes	<p>Throw & Wade Rescue:</p> <ul style="list-style-type: none"> • In pairs, have one person in water as patient, another ready to throw aid or to enter the water and wade out until close enough to accurately reach out to the person with the aid. • Safe and steady pull • Secure person to edge • Assist person to safely exit using stirrup lift 	<ul style="list-style-type: none"> • Discuss waves/rip identification • Encourage constant reassurance and talking to patient (“It’s going to be okay,” “we are almost there” etc.)

Equipment Required:

Kickboards (1 per student)

Aid for throw/wade rescues: rope/noodle

FOR MORE INFORMATION

The Royal Life Saving Society WA Inc.

McGillivray Road, Mt Claremont WA 6010
PO Box 28, Floreat Forum WA 6014

T: (08) 9383 8200

F: (08) 9383 9922

E: info@royallifesavingwa.com.au

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