



Department of
Education

SWIM & SURVIVE – STAGE 1

LESSON PLANS



ROYAL LIFE SAVING
WESTERN AUSTRALIA





STAGE 1 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 1.

Stage 1 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 1. 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



LESSON PLAN - 1 | STAGE 1

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Learn names Establish safety rules Emergency procedure Provide overview of Stage 1 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.
5 Minutes	Entries: <ul style="list-style-type: none"> Sit down Slide in 	<ul style="list-style-type: none"> Hands to one side of body Turn towards the wall Slide in Body weight on hands Lower body into water Feel for the bottom with feet
5 Minutes	Exhale in water: <ul style="list-style-type: none"> Face in water to hairline Exhale (shallow water) 	<ul style="list-style-type: none"> Breathe Face in water to hairline Blow through mouth and nose Raise head Blink to remove water from eyes
5 Minutes	Open eyes underwater: <ul style="list-style-type: none"> Shallow water 	<ul style="list-style-type: none"> Face in water Open eyes Identify object/toy Lift head from water Blink to remove water from eyes
10 Minutes	Submerge: Game <ul style="list-style-type: none"> Ring a rosy 	<ul style="list-style-type: none"> Blow out through mouth and nose Open eyes
10 Minutes	(work over a 5m distance) 4 x Glide forward and recover: <ul style="list-style-type: none"> Recovery Starting position Glide (with aid) Glide 	<ul style="list-style-type: none"> Instructor support if required Floatation aid if required Straight arms and legs Chin on their chest Eyes in and blow bubbles

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 2 | STAGE 1

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce 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	Entries, exhale in water and open eyes underwater: <ul style="list-style-type: none"> • Revise skills from last lesson • Safe Entry • Face in water to hairline • Exhale – shallow water 	<ul style="list-style-type: none"> • Face in water to hairline • Blow out through mouth and nose • Open eyes underwater • Raise head • Blink to remove water from eyes
10 Minutes	(work over a 5m distance) 4 x Glide forward and recover (with board): <ul style="list-style-type: none"> • Starting position • Glide • Recover 4 x Glide forward and recover: <ul style="list-style-type: none"> • Starting position • Glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Arms extended • Face in the water • Blowing bubbles • Push off • Glide • Recover
10 Minutes	4 x Float backwards and recover (with board): <ul style="list-style-type: none"> • Starting position • Float • Recover 4 x Float backwards and recover: <ul style="list-style-type: none"> • Starting position • Float • Recover 	<ul style="list-style-type: none"> • Teach recovery first • Shoulders under • Push off • Head back • Arms by side • Float • Recover
5 Minutes	Submerge: Game <ul style="list-style-type: none"> • Ring a rosy 	<ul style="list-style-type: none"> • Blow out through mouth and nose • Open eyes • Entire head underwater

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 3 | STAGE 1

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce 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	Entries, exhale in water and open eyes underwater: <ul style="list-style-type: none"> • Safe entry • Face in water to hairline • Exhale – shallow water • Vary objects for students to identify when opening their eyes underwater 	<ul style="list-style-type: none"> • Face in water to hairline • Blow out through mouth and nose • Open eyes underwater • Raise head • Blink to remove water from eyes
10 Minutes	(work over a 5m distance) 4 x Glide forward and recover (with board): <ul style="list-style-type: none"> • Starting position • Glide • Recover 4 x Glide forward and recover: <ul style="list-style-type: none"> • Starting position • Glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Arms extended • Face in the water • Blowing bubbles • Push off • Glide • Recover
10 Minutes	4 x Float backwards and recover (with board): <ul style="list-style-type: none"> • Starting position • Float • Recover 4 x Float backwards and recover: <ul style="list-style-type: none"> • Starting position • Float • Recover 	<ul style="list-style-type: none"> • Teach recovery first • Shoulders under • Push off • Head back • Arms by side • Float • Recover
5 Minutes	Submerge: Game <ul style="list-style-type: none"> • Ring a rosy 	<ul style="list-style-type: none"> • Blow out through mouth and nose • Open eyes • Entire head underwater

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 4 | STAGE 1

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce 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	Entries, exhale in water and open eyes underwater: <ul style="list-style-type: none"> • Face in water to hairline • Practicing breathing and blowing • Progress to deeper water 	<ul style="list-style-type: none"> • Face in water to hairline • Blow out through mouth and nose • Open eyes underwater • Raise head • Blink to remove water from eyes
10 Minutes	(work over a 5m distance) 4 x Float or glide backwards and recover (with board): <ul style="list-style-type: none"> • Starting position • Float • Glide • Recover 4 x Float or glide backwards and recover: <ul style="list-style-type: none"> • Starting position • Float • Glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Head back • Arms by side • Float • Push off • Lie back • Glide • Recover
10 Minutes	(work over a 5m distance) 4 x Glide forward and recover (with board): <ul style="list-style-type: none"> • Starting position • Glide • Recover 4 x Float backwards and recover: <ul style="list-style-type: none"> • Starting position • Glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Arms extended • Face in the water • Blowing bubbles • Push off • Glide • Recover
10 Minutes	Water Safety Sequence: The following survival skills should be taught as a sequence and practised in pairs or groups: <ul style="list-style-type: none"> • Enter water safely • Holding a floatation aid, float for 10 to 15 seconds • Exit safely from water 	<ul style="list-style-type: none"> • Talk students through each step • Discuss the importance of survival skills • Safe entry • Safe exit

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 5 | STAGE 1

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce 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	Entries, exhale in water and open eyes underwater: <ul style="list-style-type: none"> • Face in water to hairline • Practicing breathing and blowing • Progress to deeper water 	<ul style="list-style-type: none"> • Face in water to hairline • Blow out through mouth and nose • Open eyes underwater • Raise head • Blink to remove water from eyes
10 Minutes	(work over a 5m distance) 4 x Glide forward and recover (with board): <ul style="list-style-type: none"> • Starting position • Glide • Recover 4 x Glide forward and recover: <ul style="list-style-type: none"> • Starting position • Glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Arms extended • Face in the water • Blowing bubbles • Push off • Glide • Recover
10 Minutes	(work over a 5m distance) 4 x Float or glide backwards and recover (with board): <ul style="list-style-type: none"> • Starting position • Float • Glide • Recover 4 x Float or glide backwards and recover: <ul style="list-style-type: none"> • Starting position • Float • Glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Head back • Arms by side • Push off • Lie back • Glide • Recover
5 Minutes	Submerge: Game <ul style="list-style-type: none"> • Ring a rosy 	<ul style="list-style-type: none"> • Blow out through mouth and nose • Open eyes • Entire head underwater

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 6 | STAGE 1

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce 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	Entries, exhale in water and open eyes underwater: <ul style="list-style-type: none"> • Identify objects underwater • Progress to deeper water 	<ul style="list-style-type: none"> • Face in water to hairline • Blow out through mouth and nose • Open eyes underwater • Raise head • Blink to remove water from eyes
10 Minutes	(work over a 5m distance) 4 x Glide forward and recover (with board): <ul style="list-style-type: none"> • Starting position • Glide • Recover 4 x Glide forward and recover: <ul style="list-style-type: none"> • Starting position • Glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Arms extended • Face in the water • Blowing bubbles • Push off • Glide • Recover
10 Minutes	(work over a 5m distance) 4 x Float or glide backwards and recover (with board): <ul style="list-style-type: none"> • Starting position • Float or glide • Recover 4 x Float or glide backwards and recover: <ul style="list-style-type: none"> • Starting position • Float or glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Head back • Arms by side • Push off • Lie back • Glide • Recover
10 Minutes	Water Safety Sequence: The following survival skills should be taught as a sequence and practised in pairs or groups: <ul style="list-style-type: none"> • Enter water safely • Holding a floatation aid, float for 10 to 15 seconds • Exit safely from water 	<ul style="list-style-type: none"> • Talk students through each step • Discuss the importance of survival skills • Safe entry • Safe exit

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 7 | STAGE 1

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce 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	Entries, exhale in water and open eyes underwater: <ul style="list-style-type: none"> • Identify objects underwater • Progress to deeper water 	<ul style="list-style-type: none"> • Face in water to hairline • Blow out through mouth and nose • Open eyes underwater • Raise head • Blink to remove water from eyes • Progress from shallow to deeper water
10 Minutes	(work over a 5m distance) 4 x Glide forward and recover (with board): <ul style="list-style-type: none"> • Starting position • Glide • Recover 4 x Glide forward and recover: <ul style="list-style-type: none"> • Starting position • Glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Arms extended • Face in the water • Blowing bubbles • Push off • Glide • Recover
10 Minutes	(work over a 5m distance) 4 x Float or glide backwards and recover (with board): <ul style="list-style-type: none"> • Starting position • Float or glide • Recover 4 x Float or glide backwards and recover: <ul style="list-style-type: none"> • Starting position • Float or glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Head back • Arms by side • Push off • Lie back • Glide • Recover
5 Minutes	Submerge: Game <ul style="list-style-type: none"> • Ring a rosy 	<ul style="list-style-type: none"> • Blow out through mouth and nose • Open eyes • Entire head underwater

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 8 | STAGE 1

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce 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	Entries, exhale in water and open eyes underwater: <ul style="list-style-type: none"> • Identify objects underwater • Progress to deeper water 	<ul style="list-style-type: none"> • Face in water to hairline • Blow out through mouth and nose • Open eyes underwater • Raise head • Blink to remove water from eyes • Progress from shallow to deeper water
5 Minutes	Submerge: Game <ul style="list-style-type: none"> • Ring a rosy 	<ul style="list-style-type: none"> • Blow out through mouth and nose • Open eyes • Entire head underwater
10 Minutes	(work over a 5m distance) 4 x Float or glide backwards and recover (with board): <ul style="list-style-type: none"> • Starting position • Float • Glide • Recover 4 x Float or glide backwards and recover: <ul style="list-style-type: none"> • Starting position • Float • Glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Head back • Arms by side • Push off • Lie back • Glide • Recover
10 Minutes	Water Safety Sequence: The following survival skills should be taught as a sequence and practised in pairs or groups: <ul style="list-style-type: none"> • Enter water safely • Holding a floatation aid, float for 10 to 15 seconds • Exit safely from water 	<ul style="list-style-type: none"> • Talk students through each step • Discuss the importance of survival skills • Safe entry • Safe exit

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 9 | STAGE 1

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce 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	Entries, exhale in water and open eyes underwater: <ul style="list-style-type: none"> • Identify objects underwater • Progress to deeper water 	<ul style="list-style-type: none"> • Face in water to hairline • Blow out through mouth and nose • Open eyes underwater • Raise head • Blink to remove water from eyes • Progress from shallow to deeper water
10 Minutes	(work over a 5m distance) 4 x Glide forward and recover: <ul style="list-style-type: none"> • Starting position • Glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Arms extended • Face in the water • Blowing bubbles • Push off • Glide • Recover
10 Minutes	(work over a 5m distance) 4 x Float or glide backwards and recover: <ul style="list-style-type: none"> • Starting position • Float or glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Head back • Arms by side • Push off • Lie back • Glide • Recover
5 Minutes	Submerge: Game <ul style="list-style-type: none"> • Ring a rosy 	<ul style="list-style-type: none"> • Blow out through mouth and nose • Open eyes • Entire head underwater

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 10 | STAGE 1

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce 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	Entries, exhale in water and open eyes underwater: <ul style="list-style-type: none"> • Identify objects underwater • Progress to deeper water 	<ul style="list-style-type: none"> • Face in water to hairline • Blow out through mouth and nose • Open eyes underwater • Raise head • Blink to remove water from eyes • Progress from shallow to deeper water
5 Minutes	Submerge: Game <ul style="list-style-type: none"> • Ring a rosy 	<ul style="list-style-type: none"> • Blow out through mouth and nose • Open eyes • Entire head underwater
15 Minutes	(work over a 5m distance) 4 x Float or glide backwards and recover; <ul style="list-style-type: none"> • Starting position • Float or glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Head back • Arms by side • Push off • Lie back • Glide • Recover
	(work over a 5m distance) 4 x Glide forward and recover: <ul style="list-style-type: none"> • Starting position • Glide • Recover 	<ul style="list-style-type: none"> • Shoulders under • Arms extended • Face in the water • Blowing bubbles • Push off • Glide • Recover
10 Minutes	Survival: Game <ul style="list-style-type: none"> • Noodle bridge 	<ul style="list-style-type: none"> • Glide • Submerge • Exhale in the water • Open eyes underwater

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

FOR MORE INFORMATION

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