



Department of
Education

SWIM & SURVIVE – STAGE 2

LESSON PLANS



ROYAL LIFE SAVING
WESTERN AUSTRALIA





STAGE 2 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 2.

Stage 2 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 2. 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 2

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none">• Learn names• Establish safety rules• Provide overview of Stage 2 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	Review of Stage 1: <ul style="list-style-type: none">• Safely enter water• Exhale in water, face in• Open eyes under water, identify an object• Submerge• Glide forward and recover• Float or glide backward and recover	<ul style="list-style-type: none">• Students may not have swum for a while, allow rest time between skills.• Use demonstrations
15 Minutes	Glide forward and kick 3m: <ul style="list-style-type: none">• Revise starting position• 2 x Glide forward (with board)• 2 x Glide forward• Flutter kick (sitting on edge)• 4 x Glide forward and kick (with board)• 4 x Glide forward and kick	<ul style="list-style-type: none">• Straight legs• Toes pointed• Chin on chest• Exhale in water
5 Minutes	Glide backwards: <ul style="list-style-type: none">• Float on back• 2 x Glide backwards (with board)• 2 x Glide backwards	<ul style="list-style-type: none">• Shoulders under• Head back• Push off, glide• Extend glide with continuous kick• Recover

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 2 | STAGE 2

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	Glide backwards and kick: <ul style="list-style-type: none"> • Float on back • Flutter kick (sitting on edge) • 2 x Glide backwards and kick (with board) • 2 x Glide backwards and kick 	<ul style="list-style-type: none"> • Shoulders under • Head back • Push off, glide • Extend glide with continuous kick • Recover
10 Minutes	Glide forward and kick 3m: <ul style="list-style-type: none"> • 2 x Glide forward (with board) • 2 x Glide forward • Flutter kick (sitting on edge) • 4 x Glide forward and kick (with board) • 4 x Glide forward and kick 	<ul style="list-style-type: none"> • Straight legs • Toes pointed • Chin on chest • Exhale in water
10 Minutes	Freestyle: <ul style="list-style-type: none"> • Freestyle arm action (to edge) • 2 x 5m Freestyle walking (with board) • 4 x 5m Freestyle (with board) 	<ul style="list-style-type: none"> • Hands on edge - face down • Pull arm down past thigh • Lift arm over, return to edge • Starting position, face in, push off and kick, pull with arms • Arm recovery clear of water
5 Minutes	Scull/tread water: <ul style="list-style-type: none"> • Hand action standing • Sculling for support 	<ul style="list-style-type: none"> • Bend arms at elbows • Flat, relaxed hands • Move hands out - thumbs down Move hands in - thumbs up • Small movements

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 3 | STAGE 2

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	Glide backwards and kick: <ul style="list-style-type: none"> • Float on back • Flutter kick (sitting on edge) • 4 x Glide backwards and kick (with board) • 4 x Glide backwards and kick 	<ul style="list-style-type: none"> • Shoulders under • Head back • Push off, glide • Extend glide with continuous kick • Recover
10 Minutes	Glide forward and kick 3m: <ul style="list-style-type: none"> • 2 x Glide forward • Flutter kick (sitting on edge) • 4 x Glide forward and kick (with board) • 4 x Glide forward and kick 	<ul style="list-style-type: none"> • Straight legs • Toes pointed • Chin on chest • Exhale in water
10 Minutes	Freestyle- Swim 5m: <ul style="list-style-type: none"> • Freestyle arm action (to edge) • 2 x 5m Freestyle walking (with board) • 4 x 5m Freestyle (with board) 	<ul style="list-style-type: none"> • Hands on edge - face down • Pull arm down past thigh • Lift arm over, return to edge • Starting position, face in, push off and kick, pull with arms • Arm recovery clear of water
5 Minutes	Water Safety Sequence: Glide forward and recover to a standing position. Float for 30 seconds, with a flotation aid. Be pulled to safety	<ul style="list-style-type: none"> • Near horizontal body position • Face in water, exhaling

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys



LESSON PLAN - 4 | STAGE 2

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	Glide forward and kick 3m: <ul style="list-style-type: none">• Revise starting position• 2 x Glide forward• Flutter kick (sitting on edge)• 4 x Glide forward and kick (with board)• 4 x Glide forward and kick	<ul style="list-style-type: none">• Straight legs• Toes pointed• Chin on chest• Exhale in water
10 Minutes	Freestyle- Swim 5m: <ul style="list-style-type: none">• Freestyle arm action (to edge)• 2 x 5m Freestyle walking (with board)• 4 x 5m Freestyle (with board)• 2 x 5m Freestyle	<ul style="list-style-type: none">• Hands on edge - face down• Pull arm down past thigh• Lift arm over, return to edge• Starting position, face in, push off and kick, pull with arms• Arm recovery clear of water
15 Minutes	Glide backwards and kick: <ul style="list-style-type: none">• Float on back• Flutter kick (sitting on edge)• 4 x Glide backwards and kick (with board)• 4 x Glide backwards and kick	<ul style="list-style-type: none">• Shoulders under• Head back• Push off, glide• Extend glide with continuous kick• Recover

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 5 | STAGE 2

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	Glide forward and kick 3m: <ul style="list-style-type: none"> • 2 x Glide forward • Flutter kick (sitting on edge) • 4 x Glide forward and kick (with board) • 4 x Glide forward and kick 	<ul style="list-style-type: none"> • Straight legs • Toes pointed • Chin on chest • Exhale in water
10 Minutes	Freestyle: <ul style="list-style-type: none"> • Freestyle arm action (to edge) • 4 x 5m Freestyle (with board) • 4 x 5m Freestyle 	<ul style="list-style-type: none"> • Hands on edge - face down • Pull arm down past thigh • Lift arm over, return to edge • Starting position, face in, push off and kick, pull with arms • Arm recovery clear of water
15 Minutes	Glide backwards and kick: <ul style="list-style-type: none"> • Flutter kick (sitting on edge) • 4 x Glide backwards and kick (with board) • 6 x Glide backwards and kick 	<ul style="list-style-type: none"> • Shoulders under • Head back • Push off, glide • Extend glide with continuous kick • Recover
5 Minutes	Scull/tread water: <ul style="list-style-type: none"> • Sculling for support • Alternating leg action 	<ul style="list-style-type: none"> • Scull for support • Submerge shoulders • Lift feet from bottom • Scull for support • Kick legs alternately

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 6 | STAGE 2

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	Glide forward and kick 3m: <ul style="list-style-type: none"> • Flutter kick (sitting on edge) • 4 x Glide forward and kick (with board) • 6 x Glide forward and kick 	<ul style="list-style-type: none"> • Straight legs • Toes pointed • Chin on chest • Exhale in water
10 Minutes	Freestyle: <ul style="list-style-type: none"> • Freestyle arm action (to edge) • 4 x 5m Freestyle (with board) • 6 x 5m Freestyle 	<ul style="list-style-type: none"> • Hands on edge - face down • Pull arm down past thigh • Lift arm over, return to edge • Starting position, face in, push off and kick, pull with arms • Arm recovery clear of water
10 Minutes	Glide backwards and kick: <ul style="list-style-type: none"> • 2 x Glide backwards • 4 x Glide backwards and kick (with board) • 6 x Glide backwards and kick 	<ul style="list-style-type: none"> • Shoulders under • Head back • Push off, glide • Extend glide with continuous kick • Recover
5 Minutes	Water Safety Sequence: Glide forward and recover to a standing position. Float for 30 seconds, with a flotation aid. Be pulled to safety	<ul style="list-style-type: none"> • Near horizontal body position • Face in water, exhaling

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

LESSON PLAN - 7 | STAGE 2

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	Glide forward and kick 3m: <ul style="list-style-type: none"> • 4 x Glide forward and kick (with board) • 6 x Glide forward and kick 	<ul style="list-style-type: none"> • Straight legs • Toes pointed • Chin on chest • Exhale in water
10 Minutes	Freestyle: <ul style="list-style-type: none"> • Freestyle arm action (to edge) • 4 x 5m Freestyle (with board) • 6 x 5m Freestyle 	<ul style="list-style-type: none"> • Hands on edge - face down • Pull arm down past thigh • Lift arm over, return to edge • Starting position, face in, push off and kick, pull with arms • Arm recovery clear of water
10 Minutes	Glide backwards and kick: <ul style="list-style-type: none"> • 2 x Glide backwards • 4 x Glide backwards and kick (with board) • 6 x Glide backwards and kick 	<ul style="list-style-type: none"> • Shoulders under • Head back • Push off, glide • Extend glide with continuous kick • Recover
5 Minutes	Scull/tread water: <ul style="list-style-type: none"> • Sculling for support • Alternating leg action 	<ul style="list-style-type: none"> • Scull for support • Submerge shoulders • Lift feet from bottom • Scull for support • Kick legs alternately

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys



LESSON PLAN - 8 | STAGE 2

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	Glide forward and kick 3m: <ul style="list-style-type: none">• 2 x Forward glide• 4 x Glide forward and kick (with board)• 6 x Glide forward and kick	<ul style="list-style-type: none">• Straight legs• Toes pointed• Chin on chest• Exhale in water
10 Minutes	Freestyle: <ul style="list-style-type: none">• Freestyle arm action (to edge)• 4 x 5m Freestyle (with board)• 4 x 5m Freestyle	<ul style="list-style-type: none">• Hands on edge - face down• Pull arm down past thigh• Lift arm over, return to edge• Starting position, face in, push off and kick, pull with arms• Arm recovery clear of water
10 Minutes	Glide backwards and kick: <ul style="list-style-type: none">• 2 x Glide backwards• 4 x Glide backwards and kick (with board)• 4 x Glide backwards and kick	<ul style="list-style-type: none">• Shoulders under• Head back• Push off, glide• Extend glide with continuous kick• Recover
5 Minutes	Water Safety Sequence: Glide forward and recover to a standing position. Float for 30 seconds, with a flotation aid. Be pulled to safety	<ul style="list-style-type: none">• Near horizontal body position• Face in water, exhaling

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys



LESSON PLAN - 9 | STAGE 2

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	Glide forward and kick 3m: <ul style="list-style-type: none">• 2 x Glide forward• 4 x Glide forward and kick (with board)• 4 x Glide forward and kick	<ul style="list-style-type: none">• Straight legs• Toes pointed• Chin on chest• Exhale in water
15 Minutes	Freestyle: <ul style="list-style-type: none">• 6 x 5m Freestyle (with board)• 6 x 5m Freestyle	<ul style="list-style-type: none">• Hands on edge - face down• Pull arm down past thigh• Lift arm over, return to edge• Starting position, face in, push off and kick, pull with arms• Arm recovery clear of water
10 Minutes	Glide backwards and kick: <ul style="list-style-type: none">• 2 x Glide backwards• 4 x Glide backwards and kick (with board)• 4 x Glide backwards and kick	<ul style="list-style-type: none">• Shoulders under• Head back• Push off, glide• Extend glide with continuous kick• Recover

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys



LESSON PLAN - 10 | STAGE 2

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	Glide forward and kick 3m: <ul style="list-style-type: none">• 4 x Glide forward and kick (with board)• 4 x Glide forward and kick	<ul style="list-style-type: none">• Straight legs• Toes pointed• Chin on chest• Exhale in water
10 Minutes	Freestyle: <ul style="list-style-type: none">• 6 x 5m Freestyle (with board)• 6 x 5m Freestyle	<ul style="list-style-type: none">• Hands on edge - face down• Pull arm down past thigh• Lift arm over, return to edge• Starting position, face in, push off and kick, pull with arms• Arm recovery clear of water
10 Minutes	Glide backwards and kick: <ul style="list-style-type: none">• 4 x Glide backwards• 4 x Glide backwards and kick	<ul style="list-style-type: none">• Shoulders under• Head back• Push off, glide• Extend glide with continuous kick• Recover
5 Minutes	Game: Combining all skills learnt over the last 10 lessons For example 'Salmon says'	<ul style="list-style-type: none">• Make it fun• Skills can include, submerging, sculling, floating etc.

Equipment Required:

Kickboards (1 per student), Noodles, Underwater toys

FOR MORE INFORMATION

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