



Department of
Education

SWIM & SURVIVE – STAGE 3

LESSON PLANS



ROYAL LIFE SAVING
WESTERN AUSTRALIA





STAGE 3 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 3.

Stage 3 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 3. 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 3

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none">• Learn names• Establish safety rules• Provide overview of Stage 3 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 2: <ul style="list-style-type: none">• Glide forward and kick 3m• Glide backwards, kick and recover.• Freestyle, Swim 5m• Scull/tread water.	<ul style="list-style-type: none">• Students may not have swum for a while, allow rest time between skills.
15 Minutes	Freestyle: <ul style="list-style-type: none">• Freestyle arm action – against edge (determine breathing side)• 2 x 10m Freestyle – walking (with board)• 4 x 10m Freestyle (with board)	<ul style="list-style-type: none">• Breathe and blow on both sides• Choose preferred side• Breathing arm is on breathing side• Blowing arm is on other side• Breathe, face in and blow
5 Minutes	Glide backwards and Kick: <ul style="list-style-type: none">• 4 x 5m Glide backwards• 4 x 5m Glide backwards and kick (with board)• 4 x 5m Glide backwards and kick	<ul style="list-style-type: none">• Push off wall• Lie back• Recover – head up, knees up, push down

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 2 | STAGE 3

TIME	ACTIVITY + SKILLS	TEACHING TIPS
10 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce safety rules • 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
20 Minutes	Freestyle: <ul style="list-style-type: none"> • Breathing and blowing (against edge) • 4 x 10m One arm freestyle (with board) • 4 x 10m Freestyle (with board) 	<ul style="list-style-type: none"> • Breathe and blow on both sides • Choose preferred side • Breathing arm is on breathing side • Blowing arm is on other side • Breathe, face in and blow
	Glide backwards and kick: <ul style="list-style-type: none"> • 4 x 5m Glide backwards • 4 x 5m Glide backwards and kick (with board) • 4 x 5m Glide backwards and kick 	<ul style="list-style-type: none"> • Push off wall • Lie back • Recover – head up, knees up, push down
10 Minutes	Breaststroke: <ul style="list-style-type: none"> • Leg action sitting on edge • 2 x 5m Breaststroke kick (with board) 	<ul style="list-style-type: none"> • Sit with legs extended • Turn feet up and out (hook feet) • Lean back, hands back • Legs straight and together

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 3 | STAGE 3

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce safety rules • 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	Breaststroke: <ul style="list-style-type: none"> • Leg action sitting on edge • 4 x 5m Breaststroke kick (with board) 	<ul style="list-style-type: none"> • Hold board on stomach • Push off and glide • Hook feet, drop feet, circle feet • Glide with straight legs
15 Minutes	Freestyle: <ul style="list-style-type: none"> • Breathing and blowing (against edge) • 4 x 10m One arm freestyle (with board) • 4 x 10m Freestyle (with board) 	<ul style="list-style-type: none"> • Breathe and blow on both sides • Choose preferred side • Breathing arm is on breathing side • Blowing arm is on other side • Breathe, face in and blow
	Glide backwards and Kick: <ul style="list-style-type: none"> • 4 x 5m Glide backwards and kick (with board) • 4 x 5m Glide backwards and kick 	<ul style="list-style-type: none"> • Push off wall • Lie back • Recover – head up, knees up, push down
10 Minutes	Water Safety Sequence: Glide and swim 10m, recover to upright position. Support body in an upright position and signal distress.	<ul style="list-style-type: none"> • Talk students through each step • Discuss water safety as this is being undertaken.

Equipment Required:

Kickboards (1 per student)
 Noodles
 Underwater toys

LESSON PLAN - 4 | STAGE 3

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce safety rules • 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	Glide Backwards and Kick: <ul style="list-style-type: none"> • 4 x 5m Glide backwards and kick (with board) • 4 x 5m Glide backwards and kick 	<ul style="list-style-type: none"> • Push off wall • Lie back • Recover – head up, knees up, push down • Flutter kick
	Freestyle: <ul style="list-style-type: none"> • 2 x 10m One arm freestyle (with board) • 4 x 10m Freestyle (with board) 	<ul style="list-style-type: none"> • Breathe and blow on both sides • Choose preferred side • Breathing arm is on breathing side • Blowing arm is on other side • Breathe, face in and blow
15 Minutes	Breaststroke: <ul style="list-style-type: none"> • Leg action sitting on edge. • 6 x 5m Breaststroke kick (with board) 	<ul style="list-style-type: none"> • Hold board on stomach • Push off and glide • Hook feet, drop feet, circle feet • Glide with straight legs
5 Minutes	Survival Sculling: <ul style="list-style-type: none"> • Land drill • Survival sculling on back 	<ul style="list-style-type: none"> • Lie on back, legs slightly bent • Hands by hips – palms down • Move hands out – thumbs down • Move hands in – thumbs up • Sink down • Head back • Lift knees lie back and scull

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 5 | STAGE 3

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce safety rules • 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"> • Leg action sitting on edge • 6 x 5m Breaststroke kick (with board) 	<ul style="list-style-type: none"> • Hold board on stomach • Push off and glide • Hook feet, drop feet, circle feet • Glide with straight legs
15 Minutes	Freestyle: <ul style="list-style-type: none"> • 4 x 10m Freestyle (with board) • 4 x 10m Freestyle 	<ul style="list-style-type: none"> • Breathing position • Push off and kick • Breathe and recover arm • Face in • Blow and recover arm
	Glide backwards and Kick: <ul style="list-style-type: none"> • 4 x 5m Glide backwards and kick (with board) • 4 x 5m Glide backwards and kick 	<ul style="list-style-type: none"> • Push off wall • Lie back • Recover – head up, knees up, push down
5 Minutes	Demonstrate a forward roll: <ul style="list-style-type: none"> • Students to demonstrate a forward roll 	<ul style="list-style-type: none"> • Chin on chest • Push up and over • Tuck legs • Open eyes, exhale through nose • Stand

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 6 | STAGE 3

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce safety rules • 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 10m Freestyle (with board) • 4 x 10m Freestyle 	<ul style="list-style-type: none"> • Breathing position • Push off and kick • Breathe and recover arm • Face in • Blow and recover arm
	Glide backwards and kick: <ul style="list-style-type: none"> • 4 x 5m Glide backwards and kick (with board) • 4 x 5m Glide backwards and kick 	<ul style="list-style-type: none"> • Push off wall • Lie back • Recover – head up, knees up, push down
10 Minutes	Breaststroke: <ul style="list-style-type: none"> • Leg action sitting on edge • 4 x 5m Breaststroke kick (with board) 	<ul style="list-style-type: none"> • Hold board on stomach • Push off and glide • Hook feet, drop feet, circle feet • Glide with straight legs
10 Minutes	Water Safety Sequence Glide and swim 10m, recover to upright position. Support body in an upright position and signal distress.	<ul style="list-style-type: none"> • Talk students through each step • Discuss water safety as this is being undertaken.

Equipment Required:

Kickboards (1 per student)
 Noodles
 Underwater toys



LESSON PLAN - 7 | STAGE 3

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none">• Roll call• Reinforce safety rules• 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">• Leg action sitting on edge• 6 x 5m Breaststroke kick (with board)	<ul style="list-style-type: none">• Hold board on stomach• Push off and glide• Hook feet, drop feet, circle feet• Glide with straight legs
20 Minutes	Freestyle: <ul style="list-style-type: none">• 2 x 10m One arm freestyle (with board)• 2 x 10m Freestyle (with board)• 6 x 10m Freestyle	<ul style="list-style-type: none">• Breathing position• Push off and kick• Breathe and recover arm• Face in• Blow and recover arm
	Glide backwards and kick: <ul style="list-style-type: none">• 6 x 5m Glide backwards and kick (with board)• 4 x 5m Glide backwards and kick	<ul style="list-style-type: none">• Push off wall• Lie back• Recover – head up, knees up, push down

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 8 | STAGE 3

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce safety rules • 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 10m Freestyle (with board) • 4 x 10m Freestyle 	<ul style="list-style-type: none"> • Breathing position • Push off and kick • Breathe and recover arm • Face in • Blow and recover arm
	Glide backwards and kick: <ul style="list-style-type: none"> • 2 x 5m Glide backwards and kick (with board) • 6 x 5m Glide backwards and kick 	<ul style="list-style-type: none"> • Push off wall • Lie back • Recover – head up, knees up, push down
15 Minutes	Breaststroke: <ul style="list-style-type: none"> • Leg action sitting on edge • 6 x 5m Breaststroke kick (with board) 	<ul style="list-style-type: none"> • Hold board on stomach • Push off and glide • Hook feet, drop feet, circle feet • Glide with straight legs
5 Minutes	Forward Roll: <ul style="list-style-type: none"> • Students to demonstrate a forward roll Survival Sculling: <ul style="list-style-type: none"> • Survival sculling on back 	<ul style="list-style-type: none"> • Chin on chest • Push up and over • Tuck legs • Open eyes, exhale through nose • Stand <ul style="list-style-type: none"> • Sink down • Head back • Lift knees lie back and scull

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 9 | STAGE 3

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce safety rules • 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	Breaststroke: <ul style="list-style-type: none"> • Leg action sitting on edge • 6 x 5m Breaststroke kick (with board) 	<ul style="list-style-type: none"> • Hold board on stomach • Push off and glide • Hook feet, drop feet, circle feet • Glide with straight legs
15 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 10m Freestyle (with board) • 6 x 10m Freestyle 	<ul style="list-style-type: none"> • Breathing position • Push off and kick • Breathe and recover arm • Face in • Blow and recover arm
	Glide backwards and kick: <ul style="list-style-type: none"> • 6 x 5m Glide backwards and kick 	<ul style="list-style-type: none"> • Push off wall • Lie back • Recover – head up, knees up, push down
10 Minutes	Water Safety Sequence: Glide and swim 10m, recover to upright position. Support body in an upright position and signal distress.	<ul style="list-style-type: none"> • Talk students through each step • Discuss water safety as this is being undertaken.

Equipment Required:

Kickboards (1 per student)
 Noodles
 Underwater toys

LESSON PLAN - 10 | STAGE 3

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call • Reinforce safety rules • 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 10m Freestyle (with board) • 4 x 10m Freestyle 	<ul style="list-style-type: none"> • Breathing position • Push off and kick • Breathe and recover arm • Face in • Blow and recover arm
	Glide backwards and kick: <ul style="list-style-type: none"> • 6 x 5m Glide backwards and kick 	<ul style="list-style-type: none"> • Push off wall • Lie back • Recover – head up, knees up, push down
10 Minutes	Breaststroke: <ul style="list-style-type: none"> • 6 x 5m Breaststroke kick (with board) 	<ul style="list-style-type: none"> • Hold board on stomach • Push off and glide • Hook feet, drop feet, circle feet • Glide with straight legs
10 Minutes	Game: <ul style="list-style-type: none"> • Salmon says • Scenarios 	<ul style="list-style-type: none"> • Reinforce skills learnt throughout stage 3.

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

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@rlsswa.com.au

Connect with us

Facebook.com/RoyalLifeSavingWA

Twitter.com/lifesavingwa

Youtube.com/TheRoyalLifeSavingSociety-WesternAustralia

Show your support

[#savinglives](#)

[#everyonecanbealifesaver](#)

royallifesavingwa.com.au



Department of
Education