



Department of
Education

SWIM & SURVIVE – STAGE 4

LESSON PLANS



ROYAL LIFE SAVING
WESTERN AUSTRALIA

Swim
and
Survive



STAGE 4 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 4.

Stage 4 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 4. 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 4

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 4 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 3:</p> <ul style="list-style-type: none"> • Freestyle swim 10m • Glide backwards and kick • Breaststroke leg action (with board) • Survival sculling 	<p>Use this to assess competency of your class. Across all strokes, look for:</p> <ul style="list-style-type: none"> • Body position • Kick • Arm action • Breathing <p>*NB: Students may not have swum for a while, allow rest time between skills.</p>
10 Minutes	<p>Freestyle:</p> <ul style="list-style-type: none"> • 4 x 10m Freestyle kick (with board) • Breathing and blowing (against edge) • 4 x 10m One arm freestyle (with board) • 2 x 10m Freestyle (with board) • 2 x 10m Freestyle 	<ul style="list-style-type: none"> • Use progressions to introduce new skills and distances • Encourage an effective leg action • Use the pool edge to revise the breathing and blowing technique
10 Minutes	<p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 5m Glide backwards and kick (with board) • 2 x 5m Glide backwards and kick • Backstroke arm action (standing) • 2 x 5m Backstroke (with board) 	<ul style="list-style-type: none"> • Hold board, fingers over, thumb under • Raise one arm, little finger leading • Brush ear with arm • Pull through, touch thigh with thumb • Place hand on board, repeat

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 2 | STAGE 4

TIME	ACTIVITY + SKILLS	TEACHING TIPS
10 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
15 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 10m Freestyle kick (with board) • 2 x 10m Freestyle kick • 2 x 10m One arm freestyle (with board) • 2 x 10m Freestyle (with board) • 2 x 10m Freestyle 	<ul style="list-style-type: none"> • Use progressions to introduce new skills and distances • Encourage an effective leg action • Arm recovery clear of the water
	Backstroke: <ul style="list-style-type: none"> • 2 x 5m Glide backwards and kick (with board) • Backstroke arm action (standing) • 4 x 5m Backstroke (with board) 	<ul style="list-style-type: none"> • Board held over legs • Head back • Near horizontal body position • Straight arm recovery
10 Minutes	Survival Backstroke: <ul style="list-style-type: none"> • Leg action sitting on edge • 4 x 5m Survival backstroke kick (with board) 	<ul style="list-style-type: none"> • Feet turned out • Symmetrical kick • Glide • Below surface arm recovery
	Breaststroke: <ul style="list-style-type: none"> • Leg action laying on edge • 4 x 5m Breaststroke kick (with aid) 	<ul style="list-style-type: none"> • Bend knees, heels up, toes turned out, kick around slowly, glide • Use floatation aid
5 Minutes	Recover an Object: <ul style="list-style-type: none"> • Submerge, identify and retrieve object from chest deep water 	<ul style="list-style-type: none"> • Submerge from swimming • Open eyes to view object • Increase water depth as student's confidence improves

Equipment Required:

Kickboards (1 per student)
 Noodles
 Underwater toys

LESSON PLAN - 3 | STAGE 4

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.
20 Minutes	Survival Backstroke: <ul style="list-style-type: none"> • Revise leg action, sitting on edge • 4 x 10m Survival backstroke kick (with board) • Survival backstroke arm action (standing) • 2 x 5m Survival backstroke 	<ul style="list-style-type: none"> • Hook feet, drop feet, kick around slowly, glide • On back, holding board • Slide arms up sides to armpit, extend arms outwards, push down to thighs
	Breaststroke: <ul style="list-style-type: none"> • Revise leg action, laying on edge • 4 x 5m Breaststroke kick (with aid) 	<ul style="list-style-type: none"> • Feet turned out • Symmetrical kick • Glide • Use floatation aid
15 Minutes	Freestyle: <ul style="list-style-type: none"> • 4 x 10m Freestyle kick (with board) • 2 x 10m One arm freestyle (with board) • 4 x 15m Freestyle (with board) • 2 x 15m Freestyle 	<ul style="list-style-type: none"> • Use progressions to introduce new skills and distances • Encourage an effective leg action • Arm recovery clear of the water
	Backstroke: <ul style="list-style-type: none"> • 2 x 10m Backstroke kick (with board) • Backstroke arm action (standing) • 4 x 10m Backstroke (with board) • 2 x 10m Backstroke 	<ul style="list-style-type: none"> • Board held over legs • Head back • Near horizontal body position • Straight arm recovery

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 4 | STAGE 4

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	Freestyle: <ul style="list-style-type: none"> • 2 x 10m Freestyle kick (with board) • 2 x 15m Freestyle (with board) • 2 x 15m Freestyle 	<ul style="list-style-type: none"> • Use progressions to introduce new skills and distances • Encourage an effective leg action • Arm recovery clear of the water
	Survival Backstroke: <ul style="list-style-type: none"> • Revise leg action, sitting on edge • 2 x 10m Survival backstroke kick (with board) • 2 x 10m Survival backstroke 	<ul style="list-style-type: none"> • Board held over legs • Head back • Near horizontal body position • Straight arm recovery
15 Minutes	Survival Backstroke: <ul style="list-style-type: none"> • Revise leg action, sitting on edge • 2 x 10m Survival backstroke kick (with board) • 2 x 10m Survival backstroke 	<ul style="list-style-type: none"> • Hook feet, drop feet, kick around slowly, glide • On back, holding board • Slide arms up sides to armpit, extend arms outwards, push down to thighs
	Breaststroke: <ul style="list-style-type: none"> • Revise leg action, laying on edge • 4 x 5m Breaststroke kick (with aid) 	<ul style="list-style-type: none"> • Feet turned out • Symmetrical kick • Glide • Use floatation aid
10 Minutes	Water Safety Sequence: Swim and survival scull for 60 seconds. Grasp an object and be pulled to safety.	<ul style="list-style-type: none"> • Talk students through the sequence • Demonstrate survival sculling • Provide various objects

Equipment Required:

Kickboards (1 per student)
 Noodles
 Underwater toys

LESSON PLAN - 5 | STAGE 4

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.
15 Minutes	Survival Backstroke: <ul style="list-style-type: none"> • 2 x 10m Survival backstroke kick (with board) • Survival backstroke arm action (standing) • 4 x 10m Survival backstroke 	<ul style="list-style-type: none"> • Hook feet, drop feet, kick around slowly, glide • On back, holding board • Slide arms up sides to armpit, extend arms outwards, push down to thighs
	Breaststroke: <ul style="list-style-type: none"> • Revise leg action, laying on edge • 6 x 5m Breaststroke kick (with aid) 	<ul style="list-style-type: none"> • Bend knees, heels up, toes turned out, kick around slowly, glide • Use floatation aid
15 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 15m Freestyle kick (with board) • 4 x 15m Freestyle (with board) • 2 x 15m Freestyle 	<ul style="list-style-type: none"> • Encourage an effective leg action • Arm recovery clear of the water
	Backstroke: <ul style="list-style-type: none"> • 2 x 10m Backstroke (with board) • 2 x 10m Backstroke 	<ul style="list-style-type: none"> • Board held over legs • Head back • Near horizontal body position • Straight arm recovery
10 Minutes	Swim in Deep water and Scull: <ul style="list-style-type: none"> • Slide in and scull head-first on back Recover an Object: <ul style="list-style-type: none"> • Submerge, identify and recover an object 	<ul style="list-style-type: none"> • Slide entry • Sculling hand action • Horizontal body position • Submerge from swimming • Open eyes to view object • Increase water depth as student's confidence improves

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 6 | STAGE 4

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.
15 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 15m Freestyle kick (with board) • 2 x 15m Freestyle (with board) • 2 x 15m Freestyle 	<ul style="list-style-type: none"> • Regular, effective kick • Effective propulsion • Arm recovery clear of the water
	Backstroke: <ul style="list-style-type: none"> • 2 x 10m Backstroke kick • 2 x 10m Backstroke (with board) • 2 x 10m Backstroke 	<ul style="list-style-type: none"> • Board held over legs • Head back • Near horizontal body position • Straight arm recovery
20 Minutes	Survival Backstroke: <ul style="list-style-type: none"> • 2 x 10m Survival backstroke kick (with board) • 4 x 10m Survival backstroke 	<ul style="list-style-type: none"> • Hook feet, drop feet, kick around slowly, glide • On back, holding board • Slide arms up sides to armpit, extend arms outwards, push down to thighs
	Breaststroke: <ul style="list-style-type: none"> • 6 x 5m Breaststroke kick (with aid) 	<ul style="list-style-type: none"> • Bend knees, heels up, toes turned out, kick around slowly, glide • Use floatation aid

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 7 | STAGE 4

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	Survival Backstroke: <ul style="list-style-type: none"> • 2 x 10m Survival backstroke kick (with board) • 2 x 10m Survival backstroke 	<ul style="list-style-type: none"> • Hook feet, drop feet, kick around slowly, glide • On back, holding board • Slide arms up sides to armpit, extend arms outwards, push down to thighs
	Breaststroke: <ul style="list-style-type: none"> • 6 x 5m Breaststroke kick (with aid) 	<ul style="list-style-type: none"> • Bend knees, heels up, toes turned out, kick around slowly, glide • Use floatation aid
15 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 10m Freestyle kick • 4 x 15m Freestyle (with board) • 2 x 15m Freestyle 	<ul style="list-style-type: none"> • Regular, effective kick • Effective propulsion • Arm recovery clear of the water
	Backstroke: <ul style="list-style-type: none"> • 2 x 10m Backstroke (with board) • 4 x 10m Backstroke 	<ul style="list-style-type: none"> • Board held over legs • Head back • Near horizontal body position • Straight arm recovery
10 Minutes	Water Safety Sequence: Swim and survival scull for 60 seconds. Grasp an object and be pulled to safety.	<ul style="list-style-type: none"> • Talk students through the sequence • Demonstrate survival sculling • Provide various objects

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 8 | STAGE 4

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	Freestyle: <ul style="list-style-type: none"> • 2 x 10m Freestyle kick • 2 x 15m Freestyle (with board) • 2 x 15m Freestyle 	<ul style="list-style-type: none"> • Regular, effective kick • Effective propulsion • Arm recovery clear of the water
	Backstroke: <ul style="list-style-type: none"> • 2 x 10m Backstroke (with board) • 4 x 10m Backstroke 	<ul style="list-style-type: none"> • Board held over legs • Head back • Near horizontal body position • Straight arm recovery
15 Minutes	Survival Backstroke: <ul style="list-style-type: none"> • 2 x 10m Survival backstroke kick (with board) • 4 x 10m Survival backstroke 	<ul style="list-style-type: none"> • Hook feet, drop feet, kick around slowly, glide • On back, holding board • Slide arms up sides to armpit, extend arms outwards, push down to thighs
	Breaststroke: <ul style="list-style-type: none"> • 6 x 5m Breaststroke kick (with aid) 	<ul style="list-style-type: none"> • Bend knees, heels up, toes turned out, kick around slowly, glide • Use floatation aid
10 Minutes	Swim in deep water and scull: <ul style="list-style-type: none"> • Slide in, scull head-first on back Recover an object: <ul style="list-style-type: none"> • Submerge, identify and recover an object 	<ul style="list-style-type: none"> • Slide entry • Sculling hand action • Horizontal body position • Submerge from swimming • Open eyes to view object • Increase water depth as student's confidence improves

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 9 | STAGE 4

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	Survival Backstroke: <ul style="list-style-type: none"> • 2 x 10m Survival backstroke kick (with board) • 4 x 10m Survival backstroke 	<ul style="list-style-type: none"> • Hook feet, drop feet, kick around slowly, glide • On back, holding board • Slide arms up sides to armpit, extend arms outwards, push down to thighs
	Breaststroke: <ul style="list-style-type: none"> • 4 x 5m Breaststroke kick (with aid) 	<ul style="list-style-type: none"> • Bend knees, heels up, toes turned out, kick around slowly, glide • Use floatation aid
15 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 10m Freestyle kick • 2 x 15m Freestyle (with board) • 4 x 15m Freestyle 	<ul style="list-style-type: none"> • Regular, effective kick • Effective propulsion • Arm recovery clear of the water
	Backstroke: <ul style="list-style-type: none"> • 2 x 10m Backstroke (with board) • 4 x 10m Backstroke 	<ul style="list-style-type: none"> • Board held over legs • Head back • Near horizontal body position • Straight arm recovery
10 Minutes	Water Safety Sequence: Swim and survival scull for 60 seconds. Grasp an object and be pulled to safety.	<ul style="list-style-type: none"> • Guide students through the sequence • Talk to students about importance of survival skills

Equipment Required:

Kickboards (1 per student)
 Noodles
 Underwater toys

LESSON PLAN - 10 | STAGE 4

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	Freestyle: <ul style="list-style-type: none"> • 2 x 10m Freestyle kick • 2 x 15m Freestyle (with board) • 2 x 15m Freestyle 	<ul style="list-style-type: none"> • Regular, effective kick • Effective propulsion • Exhale in water, breathing to side • Breathing arm, blowing arm
	Backstroke: <ul style="list-style-type: none"> • 2 x 10m Backstroke (with board) • 4 x 10m Backstroke 	<ul style="list-style-type: none"> • Board held over legs • Head back • Near horizontal body position • Straight arm recovery
10 Minutes	Survival Backstroke: <ul style="list-style-type: none"> • 2 x 10m Survival backstroke kick (with board) • 4 x 10m Survival backstroke 	<ul style="list-style-type: none"> • Hook feet, drop feet, kick around slowly, glide • On back, holding board • Slide arms up sides to armpit, extend arms outwards, push down to thighs
	Breaststroke: <ul style="list-style-type: none"> • 4 x 5m Breaststroke kick (with aid) 	<ul style="list-style-type: none"> • Bend knees, heels up, toes turned out, kick around slowly, glide • Use floatation aid
15 Minutes	Game: Salmon says	<ul style="list-style-type: none"> • A fun take on 'Simon says' • Have students demonstrate skills learnt in stage 4.

Equipment Required:

Kickboards (1 per student)
 Noodles
 Underwater toys

FOR MORE INFORMATION

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