



Department of
Education

SWIM & SURVIVE – STAGE 5

LESSON PLANS



ROYAL LIFE SAVING
WESTERN AUSTRALIA





STAGE 5 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 5.

Stage 5 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 5. 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 5

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 5 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>Warm-up</p> <p>Review of Stage 4:</p> <ul style="list-style-type: none"> • 15m Freestyle • 10m Backstroke • 10m Survival Backstroke • 5m Breaststroke kick (with board) • Scull head-first on back, without leg action. 	<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 • Kick • Arm action • Breathing <p>*NB: Some students may be unfit/have not swum for a while, let them stop if needed.</p>
15 Minutes	<p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 15m Freestyle kick (with board) • 2 x 15m One arm freestyle (with board) • 15m Freestyle 	<ul style="list-style-type: none"> • Body position • Flutter kick • Arm action • Breathing
	<p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 10m Backstroke kick (with board) • 2 x 10m 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
5 Minutes	<p>Surface Dive:</p> <ul style="list-style-type: none"> • Demonstrate a surface dive. Shoulder deep. Recover object. • Throw a weighted object in front of the student, with them having to surface dive under the water to retrieve it. • You can make this more challenging by having them turn around whilst you throw the weighted object. 	<p>(From a glide)</p> <ul style="list-style-type: none"> • Push off and glide • Open arms • Head down, bend at waist • Keep legs straight • Recover object

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 2 | STAGE 5

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Roll call and reinforcement of safety rules Provide overview of lesson Emergency drill 	<ul style="list-style-type: none"> Emergency drill will happen during lesson 2 Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running.
20 Minutes	Warm-up Freestyle: <ul style="list-style-type: none"> 2 x 15m Freestyle kick (with board) 2 x 15m One arm freestyle (with board) 2 x 15m Freestyle (with board) 2 x 15m Freestyle 	<ul style="list-style-type: none"> Effective kick Efficient under water arm action Regular breathing Bent arm recovery
	Backstroke: <ul style="list-style-type: none"> 2 x 15m Backstroke kick (with board) 2 x 15m One arm backstroke (with board) 2 x 15m Backstroke (with board) 	<ul style="list-style-type: none"> Raise one arm, little finger leading Brush ear with arm Pull through, touch thigh with thumb
15 Minutes	Survival Backstroke: <ul style="list-style-type: none"> Revise arm action on land 4 x 10m Survival backstroke kick (with board) 2 x 10m Survival backstroke 	<ul style="list-style-type: none"> Feet turned out Symmetrical kick Glide
	Breaststroke: <ul style="list-style-type: none"> Breaststroke arm action (walking) 4 x 15m Breaststroke kick (with board) 2 x 15m 3 Kick breaststroke 	<ul style="list-style-type: none"> Heels up, toes out, kick around and glide Pull, breathe, kick, glide Revise arm action and breathing

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 3 | STAGE 5

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Roll call and 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	Warm-up Survival Backstroke: <ul style="list-style-type: none"> Arm action (standing) 4 x 10m Survival backstroke kick (with board) 2 x 10m Survival backstroke 	<ul style="list-style-type: none"> Feet turned out Symmetrical kick Glide Below surface arm recovery
	Breaststroke: <ul style="list-style-type: none"> 15m Breaststroke arm action (walking) 4 x 15m Breaststroke kick (with board) 2 x 15m 3 Kick breaststroke 	<ul style="list-style-type: none"> Heels up, toes out, kick around and glide x3 Glide with arms extended Push hands out, lift head Breathe and pull in Recover and lower head Revise arm action and breathing
15 Minutes	Freestyle: <ul style="list-style-type: none"> 2 x 15m Freestyle kick (with board) 2 x 15m One arm freestyle (with board) 2 x 15m Freestyle 	<ul style="list-style-type: none"> Effective kick Efficient under water arm action Regular breathing Bent arm recovery
	Backstroke: <ul style="list-style-type: none"> 2 x 10m Backstroke kick (with board) 2 x 10m One arm backstroke (with board) 2 x 10m Backstroke 	<ul style="list-style-type: none"> Alternate arms Little finger in while thumb of other hand touches thigh Ear and thigh, ear and thigh, etc
10 Minutes	Survival Skills: <ul style="list-style-type: none"> Survival sculling and horizontal sculling Standing sculling hand action Practise survival sculling on back & horizontal sculling. 	<ul style="list-style-type: none"> Flat, relaxed hands Sculling hand action Talk about when you may use sculling.

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 4 | STAGE 5

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Roll call and 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	Warm-up Freestyle: <ul style="list-style-type: none"> 2 x 15m Freestyle kick (with board) 2 x 15m One arm freestyle (with board) 2 x 15m Freestyle 	<ul style="list-style-type: none"> Effective kick Efficient under water arm action Regular breathing Bent arm recovery
	Backstroke: <ul style="list-style-type: none"> 2 x 10m Backstroke kick (with board) 2 x 10m Backstroke 	<ul style="list-style-type: none"> Alternate arms Little finger enter water while thumb of other hand touches thigh Ear and thigh, ear and thigh, etc
15 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"> Feet turned out Symmetrical kick Glide
	Breaststroke: <ul style="list-style-type: none"> 4 x 10m Breaststroke kick (with board) 15m Breaststroke arm action (walking) 2 x 10m Breaststroke (chin resting on water) 	<ul style="list-style-type: none"> Heels up, toes out, kick around and glide Revise arm action and breathing
10 Minutes	Survival Skills: <ul style="list-style-type: none"> Water Safety Sequence Step in Entry. Scull for 60 second using a combination of survival sculling and horizontal sculling, keeping the face above water. Grasp a flotation aid thrown for support and swim for 60 seconds. Be pulled to safety by partner 	<ul style="list-style-type: none"> Discuss water safety as water safety sequence is undertaken. Talk students through each component. Talk about these survival skills and why we do them.

Equipment Required:

Kickboards (1 per student)

Noodles

LESSON PLAN - 5 | STAGE 5

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<p>Introduction:</p> <ul style="list-style-type: none"> • Roll call and reinforcement of safety rules • Provide overview of lesson 	<p>Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running.</p>
20 Minutes	<p>Survival Backstroke:</p> <ul style="list-style-type: none"> • 2 x 15m Survival backstroke kick (with board) • 2 x 15m Survival backstroke 	<ul style="list-style-type: none"> • Feet turned out • Symmetrical kick • Glide
	<p>Warm-up</p> <p>Breaststroke:</p> <ul style="list-style-type: none"> • 4 x 15m Breaststroke kick (with board) • 15m Breaststroke arm action (walking) • 2 x 15m Breaststroke (chin resting on water) • 2 x 15m Breaststroke 	<ul style="list-style-type: none"> • Heels up, toes out, kick around and glide • Walking and completing arm motion, bring in breathing once comfortable • Use shallow water to introduce skills
5 Minutes	<p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 15m Freestyle kick (with board) • 2 x 15m Freestyle (with board) • 2 x 25m Freestyle 	<ul style="list-style-type: none"> • Effective kick • Efficient under water arm action • Regular breathing • Bent arm recovery

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 6 | STAGE 5

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call and reinforcement of safety rules • Provide overview of lesson 	Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running.
15 Minutes	Warm-up Survival Backstroke: <ul style="list-style-type: none"> • 2 x 15m Survival backstroke 	<ul style="list-style-type: none"> • Feet turned out • Symmetrical kick • Glide • Underwater recovery
	Breaststroke: <ul style="list-style-type: none"> • 15m Breaststroke arm action (walking) • 4 x 15m Breaststroke kick (with board) • 2 x 15m Breaststroke (chin resting on water) • 2 x 15m Breaststroke 	<ul style="list-style-type: none"> • Heels up, toes out, kick around and glide • Walking and completing arm motion, bring in breathing once comfortable. • Use shallow water to introduce skills
15 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 25m One arm freestyle (with board) • 4 x 25m Freestyle 	<ul style="list-style-type: none"> • Effective kick • Efficient under water arm action • Regular breathing • Bent arm recovery
	Backstroke: <ul style="list-style-type: none"> • 2 x 15m Backstroke kick • 4 x 10m Backstroke (with board) • 2 x 15m Backstroke 	<ul style="list-style-type: none"> • Alternate arms • Little finger in while thumb of other hand touches thigh • Ear and thigh, ear and thigh, etc
5 Minutes	Water Safety Sequence <ul style="list-style-type: none"> • Step in Entry. Scull for 60 second using a combination of survival sculling and horizontal sculling, keeping the face above water. • Grasp a flotation aid thrown for support and swim for 60 seconds. • Be pulled to safety by partner 	<ul style="list-style-type: none"> • Discuss water safety as water safety sequence is undertaken. • Talk students through each component.

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 7 | STAGE 5

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call and reinforcement of safety rules • Provide overview of lesson 	Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running.
15 Minutes	Warm-up Freestyle: <ul style="list-style-type: none"> • 2 x 25m Freestyle 	<ul style="list-style-type: none"> • Effective kick • Efficient under water arm action • Regular breathing • Bent arm recovery
	Backstroke: <ul style="list-style-type: none"> • 4 x 15m Backstroke kick • 2 x 15m Backstroke 	<ul style="list-style-type: none"> • Alternate arms • Little finger in while thumb of other hand touches thigh • Ear and thigh, ear and thigh, etc
20 Minutes	Survival Backstroke: <ul style="list-style-type: none"> • 2 x 15m Survival backstroke 	<ul style="list-style-type: none"> • Feet turned out • Symmetrical kick • Glide • Underwater arm recovery
	Breaststroke: <ul style="list-style-type: none"> • 2 x 15m Breaststroke kick (with board) • 4 x 15m Breaststroke 	<ul style="list-style-type: none"> • Heels up, toes out, kick around and glide • Pull, breath, kick, glide • Glide with arms extended • Use noodle if need support

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 8 | STAGE 5

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call and reinforcement of safety rules • Provide overview of lesson 	Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running.
10 Minutes	Warm-up Survival Backstroke: <ul style="list-style-type: none"> • 2 x 15m Survival backstroke 	<ul style="list-style-type: none"> • Feet turned out • Symmetrical kick • Glide
	Breaststroke: <ul style="list-style-type: none"> • 2 x 15m Breaststroke kick (with board) • 4 x 15m Breaststroke 	<ul style="list-style-type: none"> • Heels up, toes out, kick around and glide • Pull, breath, kick, glide • Glide with arms extended
15 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 15m Freestyle (with board) • 2 x 25m Freestyle 	<ul style="list-style-type: none"> • Effective kick • Efficient under water arm action • Regular breathing • Bent arm recovery
	Backstroke: <ul style="list-style-type: none"> • 2 x 15m Backstroke (with board) • 2 x 15m Backstroke 	<ul style="list-style-type: none"> • Alternate arms • Little finger in while thumb of other hand touches thigh • Ear and thigh, ear and thigh, etc
10 Minutes	Survival Skills: <ul style="list-style-type: none"> • Water Safety Sequence • Step in Entry. Scull for 60 second using a combination of survival sculling and horizontal sculling, keeping the face above water. • Grasp a flotation aid thrown for support and swim for 60 seconds. • Be pulled to safety by partner 	<ul style="list-style-type: none"> • Discuss water safety as water safety sequence is undertaken. • Talk students through each component.

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 9 | STAGE 5

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call and reinforcement of safety rules • Provide overview of lesson 	Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running.
15 Minutes	Warm-up Freestyle: <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) • 2 x 25m Freestyle 	<ul style="list-style-type: none"> • Effective kick • Efficient under water arm action • Regular breathing • Bent arm recovery
	Backstroke: <ul style="list-style-type: none"> • 2 x 15m Backstroke 	<ul style="list-style-type: none"> • Alternate arms • Little finger in while thumb of other hand touches thigh • Ear and thigh, ear and thigh, etc
20 Minutes	Survival Backstroke: <ul style="list-style-type: none"> • 2 x 15m Survival backstroke (extended glide) • 2 x 15m Survival backstroke 	<ul style="list-style-type: none"> • Feet turned out • Symmetrical kick • Glide
	Breaststroke: <ul style="list-style-type: none"> • 2 x 15m Breaststroke (extended glide) • 2 x 15m Breaststroke 	<ul style="list-style-type: none"> • Heels up, toes out, kick around and glide • Pull, breath, kick, glide • Glide with arms extended

Equipment Required:

Kickboards (1 per student)

Noodles

LESSON PLAN - 10 | STAGE 5

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Roll call and reinforcement of safety rules Provide overview of lesson 	Reinforce safety rules that meet the rules of the pool I.e. no diving in shallow end, no running.
10 Minutes	Warm-up Freestyle: <ul style="list-style-type: none"> 2 x 25m Freestyle kick (with board) 2 x 25m Freestyle 	<ul style="list-style-type: none"> Effective kick Efficient under water arm action Regular breathing Bent arm recovery
	Backstroke: <ul style="list-style-type: none"> 2 x 15m Backstroke 	<ul style="list-style-type: none"> Alternate arms Little finger in while thumb of other hand touches thigh
10 Minutes	Survival Backstroke: <ul style="list-style-type: none"> 2 x 15m Survival backstroke 	<ul style="list-style-type: none"> Feet turned out Symmetrical kick Glide
	Breaststroke: <ul style="list-style-type: none"> 2 x 15m Breaststroke kick (with board) 2 x 15m Breaststroke 	<ul style="list-style-type: none"> Heels up, toes out, kick around and glide Pull, breath, kick, glide Glide with arms extended
15 Minutes	Game: <ul style="list-style-type: none"> Recover an object Throw a weighted object in front of the student, with them having to surface dive under the water to retrieve it. You can make this more challenging by having them turn around whilst you throw the weighted object. 	<ul style="list-style-type: none"> Breaststroke approach Kick into glide and dive Recover object

Equipment Required:

Kickboards (1 per student)
Underwater toys
Noodles

FOR MORE INFORMATION

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