



Department of
Education

SWIM & SURVIVE – STAGE 6

LESSON PLANS



ROYAL LIFE SAVING
WESTERN AUSTRALIA





STAGE 6 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 6.

Stage 6 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 6. 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 6

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Learn names Establish safety rules Provide overview of Stage 6 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	Warm-up <ul style="list-style-type: none"> 15m Freestyle kick 15m Backstroke kick Review of Stage 5: <ul style="list-style-type: none"> 25m Freestyle 15m Backstroke 15m Survival Backstroke 15m Breaststroke 	Use this to assess ability of your class Across all strokes, look for: <ul style="list-style-type: none"> Ability to swim continuously Body position Kick Arm action Breathing
15 Minutes	Freestyle: <ul style="list-style-type: none"> 2 x 25m Freestyle kick (with board) 2 x 25m One arm freestyle (with board) 2 x 25m Freestyle 	<ul style="list-style-type: none"> Horizontal body position Continuous kicking High elbow recovery Regular breathing pattern Timing and coordination
	Survival backstroke: <ul style="list-style-type: none"> 4 x 10m Survival backstroke kick (with board) Arm action (standing) 4 x 10m Survival backstroke 	<ul style="list-style-type: none"> Head stationary Symmetrical kick Read out sideways, push down to thighs Glide
5 Minutes	Dive Entry: <ul style="list-style-type: none"> Revise surface dive Kneeling dive 	<ul style="list-style-type: none"> Deep water Kneeling dive from one knee Arms forward Head between arms Chin tucked in Steer up on entry

Equipment Required:

Kickboards (1 per student)
 Noodles
 Underwater toys

LESSON PLAN - 2 | STAGE 6

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call & reinforcement of 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	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"> • Horizontal body position • Continuous kicking • High elbow recovery • Regular breathing pattern • Timing and coordination
15 Minutes	Survival backstroke: <ul style="list-style-type: none"> • 4 x 10m Survival backstroke kick (with board) • 2 x 10m Survival backstroke 	<ul style="list-style-type: none"> • Head stationary • Symmetrical kick • Read out sideways, push down to thighs • Glide
	Breaststroke: <ul style="list-style-type: none"> • 2 x 25m Breaststroke kick (with board) • Breaststroke arm action (standing) • 2 x 25m Breaststroke (2 kick, 1 pull) 	<ul style="list-style-type: none"> • Circular and symmetrical leg action • Hips level, knees level, toes turned out • Correct timing • Glide
10 Minutes	Backstroke: <ul style="list-style-type: none"> • 4 x 15m Backstroke kick (with board) • 2 x 15m Backstroke kick • 2 x 15m Backstroke 	<ul style="list-style-type: none"> • Near horizontal body position • Effective propulsion • Straight arm recovery out of water • Brush ear with arm

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 3 | STAGE 6

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<p>Introduction:</p> <ul style="list-style-type: none"> • Roll call & 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	<p>Warm-up</p> <p>Breaststroke:</p> <ul style="list-style-type: none"> • 4 x 10m Breaststroke kick (with board) • 15m Breaststroke arm action (walking) • 2 x 15m Breaststroke (chin resting on water) 	<ul style="list-style-type: none"> • Circular and symmetrical leg action • Hips level, knees level, toes turned out • Correct timing • Glide
10 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) • 2 x 25m 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
10 Minutes	<p>Backstroke:</p> <ul style="list-style-type: none"> • 4 x 15m Backstroke kick • 2 x 15m Six kick switch • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Near horizontal body position • Effective propulsion • Straight arm recovery out of water • Brush ear with arm
5 Minutes	<p>Grasping aid:</p> <ul style="list-style-type: none"> • Throw rescue • Students to practise grabbing an aid and swim to safety. • Rescuer to talk & encourage 	<p>Rescuer to encourage patient by saying: "Grab hold of this", "kick to me", "You are almost there".</p>

Equipment Required:

Kickboards (1 per student)

Noodles

LESSON PLAN - 4 | STAGE 6

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<p>Introduction:</p> <ul style="list-style-type: none"> • Roll call & 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.
15 Minutes	<p>Warm-up</p> <p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 15m Freestyle kick (with board) • 2 x 25m Freestyle (with board) • 2 x 25m Freestyle 	<ul style="list-style-type: none"> • Horizontal body position • Continuous kicking • High elbow recovery • Regular breathing pattern • Timing and coordination
	<p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 15m Backstroke kick • 4 x 15m Backstroke 	<ul style="list-style-type: none"> • Near horizontal body position • Effective propulsion • Straight arm recovery out of water • Brush ear with arm
5 Minutes	<p>Survival Backstroke:</p> <ul style="list-style-type: none"> • 4 x 25m Survival backstroke kick (with board) 	<ul style="list-style-type: none"> • Head stationary • Symmetrical kick • Read out sideways, push down to thighs • Glide
5 Minutes	<p>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 25m Breaststroke kick (with board) • 15m Breaststroke arm action (walking) • 2 x 25m Breaststroke 	<ul style="list-style-type: none"> • Circular and symmetrical leg action • Hips level, knees level, toes turned out • Correct timing • Glide
10 Minutes	<p>Water Safety sequence:</p> <p>The following survival skills should be taught as a sequence and practised in pairs or groups:</p> <ul style="list-style-type: none"> • Enter deep water using a dive entry • Demonstrate rotation of the tucked body (keeping face above the water). • Swim slowly for 3 minutes using two recognised survival strokes, keeping the arms below the surface • Grasp a floatation aid thrown by a partner and, following instructions, kick to safety. 	<ul style="list-style-type: none"> • Discuss water safety as this is undertaken: • i.e. cramp, nose bleed, hyperventilation, minor marine stings

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 5 | STAGE 6

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call & 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 Breaststroke: <ul style="list-style-type: none"> • 4 x 15m Breaststroke kick (with board) • 2 x 25m 3 Kick breaststroke • 2 x 25m Breaststroke 	<ul style="list-style-type: none"> • Circular and symmetrical leg action • Hips level, knees level, toes turned out • Correct timing • Glide
10 Minutes	Backstroke: <ul style="list-style-type: none"> • 2 x 15m Backstroke kick (with board) • 2 x 25m Backstroke kick • 4 x 25m Backstroke 	<ul style="list-style-type: none"> • Near horizontal body position • Effective propulsion • Straight arm recovery out of water • Brush ear with arm
10 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) • 50m 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
5 Minutes	Dive Entry: <ul style="list-style-type: none"> • Sitting dives • Kneeling dives • Standing dives (deep water) 	<ul style="list-style-type: none"> • Deep water • Kneeling dive from one knee • Arms forward • Head between arms • Chin tucked in • Steer up on entry

Equipment Required:

Kickboards (1 per student)

Noodles

LESSON PLAN - 6 | STAGE 6

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<p>Introduction:</p> <ul style="list-style-type: none"> • Roll call & 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.
15 Minutes	<p>Warm-up</p> <p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) • 2 x 25m Freestyle (with board) • 2 x 50m Freestyle 	<ul style="list-style-type: none"> • Horizontal body position • Continuous kicking • High elbow recovery • Regular breathing pattern • Timing and coordination
	<p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Near horizontal body position • Effective propulsion • Straight arm recovery out of water • Brush ear with arm
10 Minutes	<p>Survival Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Survival backstroke kick (with board) • 2 x 25m Survival backstroke 	<ul style="list-style-type: none"> • Head stationary • Symmetrical kick • Read out sideways, push down to thighs • Glide
5 Minutes	<p>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 15m Breaststroke kick (with board) • 4 x 25m Breaststroke 	<ul style="list-style-type: none"> • Circular and symmetrical leg action • Hips level, knees level, toes turned out • Correct timing • Glide
5 Minutes	<p>Water Safety sequence:</p> <p>The following survival skills should be taught as a sequence and practised in pairs or groups:</p> <ul style="list-style-type: none"> • Enter deep water using a dive entry • Demonstrate rotation of the tucked body (keeping face above the water). • Swim slowly for 3 minutes using two recognised survival strokes, keeping the arms below the surface • Grasp a floatation aid thrown by a partner and, following instructions, kick to safety. 	<ul style="list-style-type: none"> • Discuss water safety as this is undertaken: • i.e. cramp, nose bleed, hyperventilation, minor marine stings

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 7 | STAGE 6

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call & 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 Breaststroke: <ul style="list-style-type: none"> • 4 x 15m Breaststroke kick (with board) • 2 x 25m Breaststroke (extended glide) • 2 x 25m Breaststroke 	<ul style="list-style-type: none"> • Circular and symmetrical leg action • Hips level, knees level, toes turned out • Correct timing • Glide
10 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) • 2 x 25m Freestyle (with board) • 50m Freestyle 	<ul style="list-style-type: none"> • Effective kick • Efficient under water arm action • Regular breathing • Bent arm recovery
10 Minutes	Backstroke: <ul style="list-style-type: none"> • 2 x 25m Backstroke kick • 2 x 25m Six kick switch • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Near horizontal body position • Effective propulsion • Straight arm recovery out of water • Brush ear with arm
5 Minutes	Dive Entry: <ul style="list-style-type: none"> • Kneeling dive • Standing dive (deep water) 	<ul style="list-style-type: none"> • Deep water • Kneeling dive from one knee • Arms forward • Head between arms • Chin tucked in • Steer up on entry

Equipment Required:

Kickboards (1 per student)

Noodles

LESSON PLAN - 8 | STAGE 6

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> Roll call & 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 Backstroke: <ul style="list-style-type: none"> 2 x 25m Backstroke kick 2 x 25m Six kick switch 4 x 25m Backstroke 	<ul style="list-style-type: none"> Near horizontal body position Effective propulsion Straight arm recovery out of water Brush ear with arm
10 Minutes	Survival Backstroke: <ul style="list-style-type: none"> 2 x 25m Survival backstroke kick (with board) 2 x 25m Survival backstroke 	<ul style="list-style-type: none"> Head stationary Symmetrical kick Read out sideways, push down to thighs Glide
	Breaststroke: <ul style="list-style-type: none"> 2 x 15m Breaststroke kick (with board) 2 x 25m Breaststroke (extended glide) 2 x 25m Breaststroke 	<ul style="list-style-type: none"> Circular and symmetrical leg action Hips level, knees level, toes turned out Correct timing Glide
5 Minutes	Freestyle: <ul style="list-style-type: none"> 2 x 25m Freestyle kick (with board) 50m Freestyle 	<ul style="list-style-type: none"> Horizontal body position Continuous kicking High elbow recovery Regular breathing pattern Timing and coordination
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 deep water using a dive entry Demonstrate rotation of the tucked body (keeping face above the water). Swim slowly for 3 minutes using two recognised survival strokes, keeping the arms below the surface Grasp a floatation aid thrown by a partner and, following instructions, kick to safety. 	<ul style="list-style-type: none"> Discuss water safety as this is undertaken: i.e. cramp, nose bleed, hyperventilation, minor marine stings

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 9 | STAGE 6

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call & 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 Backstroke: <ul style="list-style-type: none"> • 2 x 25m Backstroke kick • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Near horizontal body position • Effective propulsion • Straight arm recovery out of water • Brush ear with arm
10 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 25m Freestyle kick • 50m Freestyle 	<ul style="list-style-type: none"> • Effective kick • Efficient under water arm action • Regular breathing • Bent arm recovery
10 Minutes	Survival backstroke: <ul style="list-style-type: none"> • 2 x 25m Survival backstroke 	<ul style="list-style-type: none"> • Head stationary • Symmetrical kick • Read out sideways, push down to thighs • Glide
	Breaststroke: <ul style="list-style-type: none"> • 2 x 25m Breaststroke kick (with board) • 2 x 25m Breaststroke 	<ul style="list-style-type: none"> • Circular and symmetrical leg action • Hips level, knees level, toes turned out • Correct timing • Glide
5 Minutes	Dive Entry: <ul style="list-style-type: none"> • Sitting dive • Kneeling dive • Standing dive (deep water) 	<ul style="list-style-type: none"> • Deep water • Kneeling dive from one knee • Arms forward • Head between arms • Chin tucked in • Steer up on entry

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 10 | STAGE 6

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	Introduction: <ul style="list-style-type: none"> • Roll call & 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.
5 Minutes	Dive Entry: <ul style="list-style-type: none"> • Standing dive (deep water) 	<ul style="list-style-type: none"> • Deep water • Arms forward • Head between arms • Chin tucked in • Steer up on entry
	Freestyle: <ul style="list-style-type: none"> • 50m Freestyle 	<ul style="list-style-type: none"> • Horizontal body position • Continuous kicking • High elbow recovery • Regular breathing pattern • Timing and coordination
15 Minutes	Warm-up Combination: <ul style="list-style-type: none"> • 50m Freestyle • 25m Backstroke • 25m Breaststroke • 25m Survival backstroke 	Across all strokes, look for: <ul style="list-style-type: none"> • Ability to swim confidently • Body position • Kick • Arm action • Breathing
15 Minutes	Game: Relay race Incorporating surface dives and a stroke of the instructor's choice.	<ul style="list-style-type: none"> • Encourage correct technique for swimming strokes.

Equipment Required:

Kickboards (1 per student)
 Noodles
 Underwater Toys

FOR MORE INFORMATION

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