



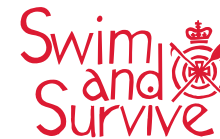
Department of
Education

SWIM & SURVIVE – STAGE 7

LESSON PLANS



ROYAL LIFE SAVING
WESTERN AUSTRALIA





STAGE 7 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 7.

Stage 7 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 7. 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 7

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 7 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.
20 Minutes	<p>Warm-up</p> <p>Review of Stage 6:</p> <ul style="list-style-type: none"> • 50m Freestyle • 25m Backstroke • 25m Survival Backstroke • 25m Breaststroke 	<p>Across all strokes, look for correct:</p> <ul style="list-style-type: none"> • Body position • Kick • Arm action • Breathing • Timing and coordination
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"> • Symmetrical kick • Simultaneous arm and leg recovery and propulsion • Arms below water on recovery
5 Minutes	<p>Compact Jump:</p> <p>Scenario: You are forced to leave a boat on fire. You must enter water you know is deep</p> <p>Students to practise compact jump (arms across body, one hand can be covering mouth and nose)</p>	<p>Discuss:</p> <ul style="list-style-type: none"> • When should this entry be used? • Why would you use this entry over other entries?

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 2 | STAGE 7

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 • 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.
25 Minutes	<p>Warm-up</p> <p>Freestyle:</p> <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 (with board) • 2 x 25m Freestyle 	<ul style="list-style-type: none"> • High elbow recovery • Finger entry into water • Continuous kicking
	<p>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 25m Breaststroke kick (with board) • 2 x 25m Breaststroke (extended glide) 	<ul style="list-style-type: none"> • Circular and symmetrical leg action • Hips level, knees level, feet turned out • Revise arm action and breathing
10 Minutes	<p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Backstroke kick • 2 x 25m One arm backstroke • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Little finger entry/exit of water • Straight arms out of water • Brush ear with arm

Equipment Required:

Kickboard (1 per student)

Noodles

Underwater toys

LESSON PLAN - 3 | STAGE 7

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.
15 Minutes	Warm-up Breaststroke: <ul style="list-style-type: none"> • 2 x 25m Two kicks one pull • 2 x 25m One on top, one underneath 	<ul style="list-style-type: none"> • Arms extended forward • Legs kick together • One stroke head up, one head down • Revise arm action and breathing
	Backstroke: <ul style="list-style-type: none"> • 2 x 15m Backstroke kick • 2 x 15m Backstroke 	<ul style="list-style-type: none"> • Pointed toe kick • Straight arms exiting water
10 Minutes	Freestyle: <ul style="list-style-type: none"> • 2 x 25m Freestyle kick • 2 x 25m One arm freestyle (with board) • 2 x 25m Freestyle (with board) 	<ul style="list-style-type: none"> • Hand to reach forward after entry and exits • Bent elbow recovery • Continuous flutter kicks
10 Minutes	Survival Backstroke <ul style="list-style-type: none"> • 2 x 25m Survival backstroke kick (with board) • 2 x 25m Survival backstroke (extended glide) 	<ul style="list-style-type: none"> • Head stationary, symmetrical kick • Reach out sideways, push down to thighs

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 4 | STAGE 7

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.
5 Minutes	<p>Warm-up</p> <p>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 25m Two kicks one pull • 2 x 25m Breaststroke 	<ul style="list-style-type: none"> • Kick: Feet turned out, symmetrical kick • Arm action: Outward and inward scull • Glide with arms extended forward • Pull-breath-Kick-Glide sequence • Revise arm action and breathing
20 Minutes	<p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Backstroke kick (with board) • 2 x 25m Six kick switch • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Straight arms exiting water • Arm brushing ear • Little finger entry and exit
	<p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) • 2 x 25m Freestyle (with board) • 2 x 25m Freestyle 	<ul style="list-style-type: none"> • High elbow recovery
10 Minutes	<p>Water Safety Sequence:</p> <p>Scenario: You have jumped in the water and have become tired but must swim to shore. To conserve energy, you swim survival strokes</p> <p>Enter water using a compact jump. Swim slowly for four minutes using two recognised survival strokes.</p>	<ul style="list-style-type: none"> • Ensure safe and controlled compact jump • Students to choose two survival strokes (survival backstroke, breaststroke) • Head remains above water

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 5 | STAGE 7

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.
5 Minutes	<p>Warm-up</p> <p>Survival Backstroke:</p> <ul style="list-style-type: none"> • 25m Survival backstroke kick (with board) • 2 x 25m Survival backstroke 	<ul style="list-style-type: none"> • Head stationary, symmetrical kick • Reach out sideways, push down to thighs
20 Minutes	<p>150m Continuous Swim:</p> <ul style="list-style-type: none"> • 25m Backstroke • 50m Breaststroke • 50m Freestyle • 25m Survival Backstroke 	<p>Across all strokes, look for correct:</p> <ul style="list-style-type: none"> • Body position • Kick • Arm action • Breathing • Timing and coordination
10 Minutes	<p>Eggbeater kick:</p> <p>Students to demonstrate eggbeater kick facing away from you (with aids if necessary) and when it is their turn must turn around and find an object underwater and return this to you</p>	<ul style="list-style-type: none"> • Circle lower legs alternately (one anti-clockwise, one clockwise) • Kick from in to out • Take a breath before ducking underwater • Eyes down to the ground, rock body over

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 6 | STAGE 7

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>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 25m Breaststroke kick (with board) • 2 x 25m Two kicks one pull • 4 x 25m Breaststroke 	<ul style="list-style-type: none"> • Kick: Feet turned out, symmetrical kick • Arm action: Outward and inward scull • Glide with arms extended forward • Pull-breath-Kick-Glide sequence • Revise arm action and breathing
10 Minutes	<p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m One arm backstroke • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Straight arms exiting water • Arm brushing ear • Little finger entry and exit
	<p>Freestyle:</p> <ul style="list-style-type: none"> • 50m freestyle 	<ul style="list-style-type: none"> • Lengthening arms • Slowing down stroke • High elbow recovery
10 Minutes	<p>Water Safety Sequence:</p> <p>Scenario: You have jumped in the water and have become tired but must swim to shore. To conserve energy, you swim survival strokes</p> <p>Enter water using a compact jump. Swim slowly for four minutes using two recognised survival strokes.</p>	<ul style="list-style-type: none"> • Ensure safe and controlled compact jump • Students to choose two survival strokes (survival backstroke, breaststroke) • Head remains above water

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 7 | STAGE 7

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>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Six kick switch • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Hips near surface, pointed toes • One arm leading, count six kicks, switch leading arm • Straight alternating arms, brush ear with arm
	<p>Breaststroke:</p> <ul style="list-style-type: none"> • 25m One on top, one underneath • 25m Breaststroke 	<ul style="list-style-type: none"> • Revise arm action and breathing
15 Minutes	<p>150m Continuous Swim:</p> <ul style="list-style-type: none"> • 25m Backstroke • 50m Breaststroke • 50m Freestyle • 25m Survival Backstroke 	<p>Across all strokes, look for correct:</p> <ul style="list-style-type: none"> • Body position • Kick • Arm action • Breathing • Timing and coordination
5 Minutes	<p>Scull feet first on back, sculling hand action</p> <p>Scenario: You have been swimming in the ocean and a current has pushed you and a group of friends down the beach. You must keep your head above water and conserve energy whilst waiting for help.</p> <ul style="list-style-type: none"> • Sculling feet first on back 	<ul style="list-style-type: none"> • Lie back, head above water • Outward and inward scull • Point fingers down • Pressure on palm of hands • Use floating aid with students with sinking legs

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 8 | STAGE 7

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>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Straight arms exiting water • Arm brushing ear • Little finger entry and exit
	<p>Breaststroke:</p> <ul style="list-style-type: none"> • 50m Breaststroke 	<ul style="list-style-type: none"> • Kick: Feet turned out, symmetrical kick • Arm action: Outward and inward scull • Glide with arms extended forward • Pull-breath-Kick-Glide sequence • Revise arm action and breathing
15 Minutes	<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"> • Hand to reach forward after entry and exits • Bent elbow recovery • Continuous flutter kicks
10 Minutes	<p>Water Safety Sequence:</p> <p>Scenario: You have jumped in the water and have become tired but must swim to shore. To conserve energy, you swim survival strokes</p> <p>Enter water using a compact jump. Swim slowly for four minutes using two recognised survival strokes.</p>	<ul style="list-style-type: none"> • Ensure safe and controlled compact jump • Students to choose two survival strokes (survival backstroke, breaststroke) • Head remains above water

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 9 | STAGE 7

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.
5 Minutes	<p>Warm-up</p> <p>Survival Backstroke</p> <ul style="list-style-type: none"> • 25m Survival backstroke • 25m Survival backstroke (extended glide) 	<ul style="list-style-type: none"> • Hips level, knees level, • Feet turned out • Symmetrical Kick, • Glide after each kick • Recover hands up close to side of body • Palms turned out, reach out sideways • Push down to thighs and glide
20 Minutes	<p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) <p>150m Continuous Swim:</p> <ul style="list-style-type: none"> • 25m Backstroke • 50m Breaststroke • 50m Freestyle • 25m Survival Backstroke 	<p>Across all strokes, look for correct:</p> <ul style="list-style-type: none"> • Body position • Kick • Arm action • Breathing • Timing and coordination
10 Minutes	<p>Eggbeater kick:</p> <p>Students to demonstrate eggbeater kick facing away from you (with aids if necessary) and when it is their turn must turn around and find an object underwater and return this to you</p>	<ul style="list-style-type: none"> • Circle lower legs alternately (one anti-clockwise, one clockwise) • Kick from in to out • Take a breath before ducking underwater • Eyes down to the ground, rock body over

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 10 | STAGE 7

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>150m Continuous Swim:</p> <ul style="list-style-type: none"> • 25m Backstroke • 50m Breaststroke • 50m Freestyle • 25m Survival Backstroke 	<p>Across all strokes, look for correct:</p> <ul style="list-style-type: none"> • Body position • Kick • Arm action • Breathing • Timing and coordination
10 Minutes	<p>Survival Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Survival backstroke 	<ul style="list-style-type: none"> • Symmetrical kick • Simultaneous arm and leg recovery and propulsion
	<p>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 25m Breaststroke 	<ul style="list-style-type: none"> • Symmetrical kick • Simultaneous arm and leg recovery and propulsion • Revise arm action and breathing
10 Minutes	<p>Game:</p> <p>Students are to enter water with a compact jump, then either use eggbeater kick or survival sculling to keep their head above water. At once, students are to retrieve object from underwater and return to wall and do the opposite survival skill to what they were previously doing. Aim is to complete in fastest time possible.</p>	<ul style="list-style-type: none"> • Have aids available if needed (kickboards etc to hold onto) • Heads above water • Space between students

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

FOR MORE INFORMATION

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