



Department of
Education

SWIM & SURVIVE – STAGE 8

LESSON PLANS



ROYAL LIFE SAVING
WESTERN AUSTRALIA





STAGE 8 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 8.

Stage 8 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 8. 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 8

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 8 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 7:</p> <ul style="list-style-type: none"> • 25m Backstroke • 50m Breaststroke • 50m Freestyle • 25m Survival backstroke 	<p>Use this to assess competency of your class.</p> <ul style="list-style-type: none"> • Across all strokes, look for: • 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>
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
5 Minutes	<p>Sculling and body orientation:</p> <p>Scenario: You have fallen out of a kayak and must remain stationary until help arrives</p> <p>All students to demonstrate survival sculling</p>	<ul style="list-style-type: none"> • Body upright • Scull with hands • Knees apart • Kick from in to out

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 2 | STAGE 8

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"> • 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	<p>Warm-up</p> <p>Sidestroke:</p> <ul style="list-style-type: none"> • Leg action on land • Arm action (standing) • 25m Sidestroke leg action (with boards) 	<ul style="list-style-type: none"> • Top arm by side with board • Extend bottom arm forward (with board)
15 Minutes	<p>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 25m Breaststroke kick (with board) • 2 x 25m Breaststroke (2 kick, 1 pull) 	<ul style="list-style-type: none"> • Hips level, knees level • Feet turned out, symmetrical kick • Glide
	<p>Dolphin Kick:</p> <ul style="list-style-type: none"> • 4 x 10m Dolphin kick (underwater) 	<ul style="list-style-type: none"> • Arms forward • Face down • Move head slightly down and up

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 3 | STAGE 8

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 Freestyle: <ul style="list-style-type: none"> • 2 x 25m Freestyle (with board) • 2 x 25m Freestyle 	<ul style="list-style-type: none"> • Hand to reach forward after entry and exits • Bent elbow recovery • Continuous flutter kicks
	Backstroke: <ul style="list-style-type: none"> • 2 x 25m Backstroke kick • 2 x 25m One arm backstroke 	<ul style="list-style-type: none"> • Pointed toes kick • Straight arms exiting water
15 Minutes	Sidestroke: <ul style="list-style-type: none"> • Leg action on land • Arm action (standing) • 2 x 15m Sidestroke leg action (with noodle) • 4 x 15m Sidestroke 	<ul style="list-style-type: none"> • Pull leading arm to shoulder level, bring trailing arm up to shoulder • Push trailing arm to thigh, extend leading arm
	Dolphin Kick: <ul style="list-style-type: none"> • 10m Dolphin kick (underwater) • 10m Dolphin kick (on surface) 	<ul style="list-style-type: none"> • Arms forward/leading • Simultaneous leg kick • Small kick from hips
5 Minutes	Survival sculling: <ul style="list-style-type: none"> • Races – sculling on back, arms only • Challenge: try sculling both head- first and feet first 	<ul style="list-style-type: none"> • Aims to build confidence in sculling • Head to be above water • Arms below surface

Equipment Required:

Kickboards (1 per student)
 Noodles
 Underwater toys

LESSON PLAN - 4 | STAGE 8

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>Sidestroke:</p> <ul style="list-style-type: none"> • Arm action/leg action on land • 4 x 15m Sidestroke 	<ul style="list-style-type: none"> • Pull leading arm to shoulder level, bring trailing arm up to shoulder • Push trailing arm to thigh, extend leading arm
15 Minutes	<p>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 25m Breaststroke kick • 2 x 25m Breaststroke 	<ul style="list-style-type: none"> • Hips level, knees level • Feet turned out, symmetrical kick • Glide
	<p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 25m Freestyle (with board) • 2 x 25m Freestyle 	<ul style="list-style-type: none"> • High elbow recovery • Regular breathing pattern • Effective kicking technique
10 Minutes	<p>Water Safety Sequence:</p> <p>Dressed in swimwear, shorts and t-shirt demonstrate:</p> <ul style="list-style-type: none"> • 2 minutes survival sculling, floating or treading water then; • 3 minutes swimming slowly using three recognised strokes, changing strokes each minute 	<ul style="list-style-type: none"> • Encourage and reassure students • Let students know when to switch survival strokes • Ensure heads remain above water

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 5 | STAGE 8

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 Backstroke: <ul style="list-style-type: none"> • 2 x 25m One arm backstroke • 25m Backstroke 	<ul style="list-style-type: none"> • Straight arms exiting water • Arm brushing ear • Little finger entry and exit
	Freestyle: <ul style="list-style-type: none"> • 2 x 25m Freestyle catch up 	<ul style="list-style-type: none"> • High elbow recovery • Regular breathing pattern • Effective kicking technique
10 Minutes	200m Continuous Swim: <ul style="list-style-type: none"> • 50m Breaststroke • 50m Freestyle • 50m Backstroke • 25m Sidestroke • 25m Survival backstroke 	<ul style="list-style-type: none"> • Encourage continuous swimming • If tired, reassure students by encouraging them to lengthen their strokes and keep kicking

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 6 | STAGE 8

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"> • 25m Breaststroke (2 kick, 1 pull) • 25m One on top, one underneath • 2 x 25m Breaststroke 	<ul style="list-style-type: none"> • Hips level, knees level • Feet turned out, symmetrical kick • Glide
	<p>Dolphin Kick:</p> <ul style="list-style-type: none"> • 2 x 10m Dolphin kick (with board) • 2 x 10m Dolphin kick (underwater) 	<ul style="list-style-type: none"> • Arms extended forward • Legs kick together
15 Minutes	<p>Sidestroke:</p> <ul style="list-style-type: none"> • 2 x 25m Sidestroke kick (with board) • 2 x 25m Sidestroke 	<ul style="list-style-type: none"> • Glide after each stroke • Ear in water
	<p>Survival Backstroke:</p> <ul style="list-style-type: none"> • 25m Survival backstroke 	<ul style="list-style-type: none"> • Hips level, knees level, • Feet turned out • Symmetrical Kick, • Glide after each kick
10 Minutes	<p>Water Safety Sequence:</p> <p>Dressed in swimwear, shorts and t-shirt demonstrate:</p> <ul style="list-style-type: none"> • 2 minutes survival sculling, floating or treading water then; • 3 minutes swimming slowly using three recognised strokes, changing strokes each minute 	<ul style="list-style-type: none"> • Encourage and reassure students • Let students know when to switch survival strokes • Ensure heads remain above water • Discuss cold water survival (help position, hypothermia)

Equipment Required:

Kickboards (1 per student)
Noodles
Underwater toys

LESSON PLAN - 7 | STAGE 8

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 Sidestroke: <ul style="list-style-type: none"> • 2 x 25m Sidestroke kick (with board) • 2 x 25m Sidestroke 	<ul style="list-style-type: none"> • Glide after each stroke • Ear in water
20 Minutes	200m Continuous Swim: <ul style="list-style-type: none"> • 50m Backstroke • 50m Freestyle • 50m Breaststroke • 25m Sidestroke • 25m Survival backstroke 	<ul style="list-style-type: none"> • Encourage continuous swimming • If tired, reassure students by encouraging them to lengthen their strokes and keep kicking
5 Minutes	Breaststroke: <ul style="list-style-type: none"> • 2 x 25m Breaststroke (extended glide) 	<ul style="list-style-type: none"> • Hips level, knees level • Feet turned out, symmetrical kick • Glide

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 8 | STAGE 8

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 Freestyle: <ul style="list-style-type: none"> • 4 x 25m Freestyle 	<ul style="list-style-type: none"> • High elbow recovery • Regular breathing pattern • Effective kicking technique
15 Minutes	Breaststroke: <ul style="list-style-type: none"> • 2 x 25m Breaststroke kick (with board) • 2 x 25m Breaststroke (2 kick, 1 pull) • 2 x 25m Breaststroke 	<ul style="list-style-type: none"> • Feet turned out, symmetrical kick • Arm action: Outward and inward scull • Glide with arms extended forward • Pull-breath-Kick-Glide sequence
	Sidestroke: <ul style="list-style-type: none"> • 2 x 25m Sidestroke kick (with board) • 2 x 25m Sidestroke 	<ul style="list-style-type: none"> • Glide after each stroke • Ear in water
10 Minutes	Water Safety Sequence: Dressed in swimwear, shorts and t-shirt demonstrate: <ul style="list-style-type: none"> • 2 minutes survival sculling, floating or treading water then; • 3 minutes swimming slowly using three recognised strokes and changing strokes each minute 	<ul style="list-style-type: none"> • Encourage and reassure students • Let students know when to switch survival strokes • Ensure heads remain above water • Discuss water safety in cold environments (hypothermia, huddle position)

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 9 | STAGE 8

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	Warm-up Dolphin Kick: <ul style="list-style-type: none"> 2 x 10m Dolphin kick (underwater) 2 x 10m Dolphin kick (on surface) 	<ul style="list-style-type: none"> Arms forward/leading Simultaneous leg kick Small kick from hips
20 Minutes	200m Continuous Swim: <ul style="list-style-type: none"> 50m Backstroke 50m Freestyle 50m Breaststroke 25m Sidestroke 25m Survival backstroke 	<ul style="list-style-type: none"> Encourage continuous swimming If tired, reassure students by encouraging them to lengthen their strokes and keep kicking
10 Minutes	Game: eggbeater kick Scenario: A group of friends have fallen into cold water from a jetty. You must stay together until help arrives Students to work together and talk each other through staying in the water until teacher says to hop out	<ul style="list-style-type: none"> Encourage students to utilise sculling, treading water, eggbeater kick Encourage students to talk to one another Discuss safety in cold water

Equipment Required:

Kickboards (1 per student)

Noodles

Underwater toys

LESSON PLAN - 10 | STAGE 8

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.
20 Minutes	<p>Warm-up</p> <p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) • 50m Freestyle <p>Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Backstroke kick • 50m Backstroke <p>Breaststroke:</p> <ul style="list-style-type: none"> • 2 x 25m Breaststroke kick (with board) • 50m Breaststroke 	<p>Across all strokes, look for:</p> <ul style="list-style-type: none"> • Body position • Kick • Arm action • Breathing • Timing and coordination
15 Minutes	<p>Sidestroke:</p> <ul style="list-style-type: none"> • 2 x 25m Sidestroke 	<ul style="list-style-type: none"> • Glide after each stroke • Ear in water
	<p>Survival Backstroke:</p> <ul style="list-style-type: none"> • 2 x 25m Survival backstroke 	<ul style="list-style-type: none"> • Hips level, knees level, • Feet turned out • Symmetrical Kick, • Glide after each kick
10 Minutes	<p>Survival Game:</p> <p>Survival relay: break students into two teams</p> <ul style="list-style-type: none"> • Players are told to race to other end of pool swimming a survival stroke when teacher says 'go'. • Then, on a signal from teacher, swimming stops, and the students perform a set skill, i.e. Stationary sculling, treading water before being told go again. • Once at wall, the next student from each team goes. • The first team to finish wins 	<ul style="list-style-type: none"> • Encourage correct swimming of survival strokes • Head above water, arms below water • Encourage correct survival skills

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](https://www.facebook.com/RoyalLifeSavingWA)

[Twitter.com/lifesavingwa](https://twitter.com/lifesavingwa)

[Youtube.com/TheRoyalLifeSavingSociety-WesternAustralia](https://www.youtube.com/TheRoyalLifeSavingSociety-WesternAustralia)

Show your support

[#savinglives](https://twitter.com/savinglives)

[#everyonecanbealifesaver](https://twitter.com/everyonecanbealifesaver)

royallifesavingwa.com.au

