



Department of
Education

SWIM & SURVIVE – STAGE 9

LESSON PLANS



ROYAL LIFE SAVING
WESTERN AUSTRALIA





STAGE 9 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 9.

Stage 9 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 9. 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 9

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 9 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 8:</p> <ul style="list-style-type: none"> • 50m Backstroke • 50m Breaststroke • 50m Freestyle • 25m Survival backstroke • 25m Sidestroke • Dolphin kick 	<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 • Leg Action • Arm action • Breathing
15 Minutes	<p>Sidestroke:</p> <ul style="list-style-type: none"> • Sidestroke land drill • 2 x 25m Sidestroke kick (with board) • 2 x 25m Sidestroke 	<ul style="list-style-type: none"> • Horizontal body position • Scissor kick • Alternating arm action
	<p>Freestyle:</p> <ul style="list-style-type: none"> • 25m Freestyle kick (with board) • 2 x 25m One arm 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
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"> • Face wall • Roll forward, eyes open, exhale, place feet on wall • Push off on back

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 2 | STAGE 9

TIME	ACTIVITY + SKILLS	TEACHING TIPS
10 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	Freestyle: <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"> • Effective kick • Efficient under water arm action • Regular breathing • Bent arm recovery
	Butterfly: <ul style="list-style-type: none"> • 2 x 10m Dolphin kick (with board) • 2 x 10m Dolphin kick • 2 x 10m Left arm, right arm, both arms 	<ul style="list-style-type: none"> • Push off arms extended forward • Paired leg action • Paired arm action
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 (extended glide) 	<ul style="list-style-type: none"> • Circular and symmetrical leg action • Hips level, knees level, feet turned out • Outward and inward scull
	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"> • Little finger leading • Touch thigh with thumb • Brush ear with arm
5 Minutes	CPR: <ul style="list-style-type: none"> • If available, use manikins to demonstrate DRSABCD. Re-iterate what is involved in each step and explain 30:2 ratio. • Have students break into pairs to work through each step. 	<ul style="list-style-type: none"> • Danger – check for danger to yourself, bystanders and then the casualty. • Response – assess the level of consciousness by talk and touch. • Send – for help, ask bystander to call an ambulance (000). • Airway – check, clear and open the airway. Look, listen and feel for signs of life. • Breathing – look, listen and feel for breathing. • CPR – give 30 compressions followed by two breaths. • Defibrillation – attach an AED as soon as possible and follow voice prompts.

Equipment Required:

Kickboard (1 per student)

Noodles

Manikins (if available)

LESSON PLAN - 3 | STAGE 9

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	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 (extended glide) 	<ul style="list-style-type: none"> • Kick: Feet turned out, symmetrical kick. • Arm action: Small arm pull • Glide with arms extended forward
	Butterfly: <ul style="list-style-type: none"> • 2 x 25m Dolphin kick (with board) • 2 x 25m Dolphin kick • 2 x 25m Left arm, right arm, both arms 	<ul style="list-style-type: none"> • Push off arms extended forward • Paired leg action • Paired arm action
15 Minutes	Sidestroke: <ul style="list-style-type: none"> • 2 x 25m Sidestroke kick (with board) • 2 x 25m 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. • Scissor kick • Glide
	Survival Backstroke: <ul style="list-style-type: none"> • 2 x 25m Survival backstroke kick • 2 x 25m Survival backstroke 	<ul style="list-style-type: none"> • Head stationary, symmetrical kick. • Reach out sideways, push down to thighs. • Glide after each stroke.
10 Minutes	Defensive Position and Reverse Non-contact Rescues	<ul style="list-style-type: none"> • Safe distance from person in difficulty • Wade – Safe entry into water, wade to and offer person aid, pull to safety • Accompanied – Enter water (deep), reassure person, keep a safe distance, adopt defensive position, pass aid

Equipment Required:

Kickboards (1 per student)

Noodles

LESSON PLAN - 4 | STAGE 9

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	Freestyle: <ul style="list-style-type: none"> • 2 x 25m Freestyle kick (with board) • 2 x 25m 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 25m Backstroke kick • 2 x 25m Backstroke 	<ul style="list-style-type: none"> • Little finger leading • Touch thigh with thumb • Brush ear with arm
10 Minutes	Survival Backstroke: <ul style="list-style-type: none"> • 2 x 25m Survival backstroke kick • 50m Survival backstroke 	<ul style="list-style-type: none"> • Head stationary, symmetrical kick. • Reach out sideways, push down to thighs. • Glide after each stroke.
	Sidestroke: <ul style="list-style-type: none"> • 2 x 25m Sidestroke (extended glide) • 50m 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. • Scissor kick • Glide
10 Minutes	Water Safety Sequence: <ul style="list-style-type: none"> • Non-contact rescues • Defensive position • Delivery of flotation aid in deep water • Reverse 	<ul style="list-style-type: none"> • Discuss water safety as sequence is undertaken • Talk students through each component

Equipment Required:

Kickboards (1 per student)
Noodles

LESSON PLAN - 5 | STAGE 9

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	Survival Backstroke: <ul style="list-style-type: none"> • 50m Survival backstroke 	<ul style="list-style-type: none"> • Head stationary, symmetrical kick. • Reach out sideways, push down to thighs. • Glide after each stroke.
	Sidestroke: <ul style="list-style-type: none"> • 2 x 50m 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. • Scissor kick • Glide
5 Minutes	300m Continuous Swim: <ul style="list-style-type: none"> • 50m Freestyle • 50m Backstroke • 50m Freestyle • 50m Breaststroke • 50m Survival backstroke • 50m Sidestroke 	<ul style="list-style-type: none"> • Encourage continuous kicking, lengthening of arm strokes, effective breathing technique
5 Minutes	CPR: <ul style="list-style-type: none"> • If available, use manikins to demonstrate DRSABCD. Re-iterate what is involved in each step and explain 30:2 ratio. • Have students break into pairs to work through each step. 	<ul style="list-style-type: none"> • Danger – check for danger to yourself, bystanders and then the casualty. • Response – assess the level of consciousness by talk and touch. • Send – for help, ask bystander to call an ambulance (000). • Airway – check, clear and open the airway. Look, listen and feel for signs of life. • Breathing – look, listen and feel for breathing. • CPR – give 30 compressions followed by two breaths. • Defibrillation – attach an AED as soon as possible and follow voice prompts.

Equipment Required:

Kickboards (1 per student)

Noodles

Manikins (if available)

LESSON PLAN - 6 | STAGE 9

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	Backstroke: <ul style="list-style-type: none"> • 2 x 25m Backstroke kick • 2 x 25m Six kick switch • 50m Backstroke 	<ul style="list-style-type: none"> • Horizontal body position • Effective flutter kick • One arm leading, other by side, kick six times, switch arms • Lead with little finger
	Freestyle: <ul style="list-style-type: none"> • 2 x 25m Freestyle kick • 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
15 Minutes	Butterfly: <ul style="list-style-type: none"> • 2 x 10m Dolphin kick • 2 x 10m Left arm, right arm, both arms • 2 x 10m Butterfly, underwater dolphin kick back to wall 	<ul style="list-style-type: none"> • Push off arms extended forward • Paired leg action • Paired arm action
	Tumble Turns: <ul style="list-style-type: none"> • Tumble turn (from swimming) • Push off on back 	<ul style="list-style-type: none"> • Approach with two strokes • Finish with arms by side • Roll forward, place feet on wall • Chin on chest • Push down with hands • Push off on back
10 Minutes	Water Safety Sequence: <ul style="list-style-type: none"> • Non-contact rescues. • Defensive position and reverse • Delivery of flotation aid in deep water 	<ul style="list-style-type: none"> • Discuss water safety as sequence is undertaken • Talk students through each component

Equipment Required:

Kickboards (1 per student)

Noodles

LESSON PLAN - 7 | STAGE 9

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	300m Continuous swim: <ul style="list-style-type: none"> • 50m Freestyle • 50m Backstroke • 50m Freestyle • 50m Breaststroke • 50m Survival backstroke • 50m Sidestroke 	<ul style="list-style-type: none"> • Beware of tiredness • Encourage continuous kicking, lengthening of arm strokes.
15 Minutes	Survival Backstroke: <ul style="list-style-type: none"> • 2 x 50m Survival backstroke 	<ul style="list-style-type: none"> • Head stationary, symmetrical kick. • Reach out sideways, push down to thighs. • Glide after each stroke.
	Sidestroke: <ul style="list-style-type: none"> • 2 x 50m 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.
5 Minutes	Water Safety Sequence: <ul style="list-style-type: none"> • Non-contact rescues • Defensive position and reverse • Delivery of flotation aid in deep water 	<ul style="list-style-type: none"> • Discuss water safety as sequence is undertaken • Talk students through each component

Equipment Required:

Kickboards (1 per student)

Noodles

LESSON PLAN - 8 | STAGE 9

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	Tumble turn: <ul style="list-style-type: none"> • Tumble turn (from swimming) • Push off on side/front 	<ul style="list-style-type: none"> • Approach on front • Roll forward, place feet on wall • Arms above head • Push off and twist to front
	Freestyle: <ul style="list-style-type: none"> • 4 x 25m Freestyle (with board) • 2 x 50m Freestyle (with tumble turn) 	<ul style="list-style-type: none"> • Effective kick • Efficient under water arm action • Regular breathing • Bent arm recovery
15 Minutes	Backstroke: <ul style="list-style-type: none"> • 2 x 25m Backstroke kick • 50m Backstroke 	<ul style="list-style-type: none"> • Little finger leading • Touch thigh with thumb • Brush ear with arm
	Butterfly: <ul style="list-style-type: none"> • 2 x 10m Left arm, right arm, both arms • 2 x 10m Butterfly, underwater dolphin kick back to the wall 	<ul style="list-style-type: none"> • Push off arms extended forward • Paired leg action • Paired arm action
10 Minutes	Water Safety Sequence: <ul style="list-style-type: none"> • Non-contact rescues. • Defensive position and reverse • Delivery of flotation aid in deep water 	<ul style="list-style-type: none"> • Discuss water safety as sequence is undertaken • Talk students through each component

Equipment Required:

Kickboards (1 per student)

Noodles

LESSON PLAN - 9 | STAGE 9

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	Butterfly: <ul style="list-style-type: none"> 2 x 10m Dolphin kick (underwater) 4 x 10m Butterfly, underwater dolphin kick back to the wall 	<ul style="list-style-type: none"> Push off arms extended forward Paired leg action Paired arm action
	Breaststroke: <ul style="list-style-type: none"> 2 x 25m Breaststroke (extended glide) 50m Breaststroke 	<ul style="list-style-type: none"> Leg Action: Feet turned out, symmetrical kick Arm action: Small arm pull Glide with arms extended forward
15 Minutes	300m Continuous Swim: <ul style="list-style-type: none"> 50m Freestyle 50m Backstroke 50m Freestyle 50m Breaststroke 50m Survival backstroke 50m Sidestroke 	<ul style="list-style-type: none"> Encourage continuous kicking, lengthening of arm strokes, effective breathing technique
5 Minutes	CPR: <ul style="list-style-type: none"> If available, use manikins to demonstrate DRSABCD. Re-iterate what is involved in each step and explain 30:2 ratio. Have students break into pairs to work through each step. 	<ul style="list-style-type: none"> Danger – check for danger to yourself, bystanders and then the casualty. Response – assess the level of consciousness by talk and touch. Send – for help, ask bystander to call an ambulance (000). Airway – check, clear and open the airway. Look, listen and feel for signs of life. Breathing – look, listen and feel for breathing. CPR – give 30 compressions followed by two breaths. Defibrillation – attach an AED as soon as possible and follow voice prompts.

Equipment Required:

Kickboards (1 per student)

Noodles

Manikins (if available)

LESSON PLAN - 10 | STAGE 9

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> <ul style="list-style-type: none"> • 2 x 25m Freestyle kick <p>Survival backstroke:</p> <ul style="list-style-type: none"> • 2 x 50m Survival backstroke <p>Sidestroke:</p> <ul style="list-style-type: none"> • 2 x 25m Sidestroke 	<ul style="list-style-type: none"> • Head stationary, symmetrical kick. • Reach out sideways, push down to thighs. • Glide after each stroke. • Pull leading arm to shoulder level, bring trailing arm up to shoulder. • Push trailing arm to thigh, extend leading arm.
5 Minutes	<p>Tumble Turns:</p> <ul style="list-style-type: none"> • Tumble Turn (from swimming) 	<ul style="list-style-type: none"> • Approach on front • Roll forward, place feet on wall toes pointing to side • Arms above head • Push off and twist to front
15 Minutes	<p>Relay game:</p> <p>Split students into two teams. Compete in a relay style challenge. Use a variety of entries and swimming strokes</p>	<ul style="list-style-type: none"> • Encourage students to practice a range of entries and swimming strokes

Equipment Required:

Kickboards (1 per student)
Noodles

FOR MORE INFORMATION

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