

Instructor Name	
Date / Time of Class	

Remember the 3x (GST) rule:

General corrections after entire group attempts item

Specific corrections for each swimmer

Try it again and apply corrections

Lesson #1 of 1

Notes / Time	Activity / Topic	Formation
3 min	<p>Exaggerated Shoulder Roll Drill - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers perform a back glide with kick with both arms at the sides. 2. Emphasize rolling one shoulder out. 3. Have swimmers repeat the glide, emphasizing the other shoulder and practising rolling from shoulder to shoulder. <p>Equipment: none</p> <p>Skill Used: Back Swim with Shoulder Roll 15m</p>	wave
3 min	<p>Catch-Up Front Crawl - 2020</p> <ol style="list-style-type: none"> 1. Can be used with the assistance of a buoyant aid 2. Swimmer holds arms out in front glide position and swims front crawl one arm at a time. (Always returning arm to front glide position before taking next stroke) <p>Equipment: kickboard</p> <p>Skill Used: Front Crawl 10m</p>	wave

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p>Continuous Side Rolls - 2020</p> <ol style="list-style-type: none"> 1. Review rolling from side to front and front to side. 2. Demonstrate a continuous side roll. Roll from your side to front, to your side to your front, etc. Emphasize the movement of the shoulder and stress that the action is slow. 3. Have swimmers practise over a distance of 10-15m. Make sure swimmers are comfortable on their side before rolling back to their front. 4. To increase proficiency, have swimmers practice rolling to their left for one width, then rolling to their right for a second width. <p>Equipment: none</p> <p>Skill Used: Front Glide/Side Glide Combination 15m</p>	wave
5 min	<p>Target Dive - 2020</p> <ol style="list-style-type: none"> 1. Place a target (one for each swimmer) on the bottom of the pool. 2. Have swimmers point their hands toward the target as they dive in. <p>Equipment: sinking toys for target on bottom of pool</p> <p>Skill Used: Kneeling Dive</p>	
3 min	<p>Personal Responsibility - 2020</p> <ol style="list-style-type: none"> 1. Begin each lesson with this quick activity. 2. Describe a situation or tell a story (e.g., it is a surf day and your Frisbee goes in the water, your boat takes on water but you have your PFD/lifejacket). 3. Each swimmer describes what to do in that situation and gives a reason for that choice. <p>Equipment: none</p> <p>Skill Used: Self Safety</p>	circle

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
5 min	<p>Target Dive - 2020</p> <ol style="list-style-type: none"> 1. Place a target (one for each swimmer) on the bottom of the pool. 2. Have swimmers point their hands toward the target as they dive in. <p>Equipment: sinking toys for target on bottom of pool</p> <p>Skill Used: Self-Safety-Safe Diving</p>	
3 min	<p>Hot Potato</p> <ol style="list-style-type: none"> 1. Have swimmers tread water in a circle. 2. Have swimmers pass a ball from one person to another. 3. When you call, "Stop," the swimmer with the ball must perform a skill (e.g., bob five times, do a front float). <p>Equipment: ball</p> <p>Skill Used: Surface Support Deep Water 45 sec</p>	scatter