

<b>Instructor Name</b>	
<b>Date / Time of Class</b>	

## 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><b>Dolphin Kick - Arms Extended - 2020</b></p> <p>Have swimmers perform proper dolphin kick with their arms extended in front, without an aid. The extension of the arms helps to maintain a proper streamlined body position, and kicking without an aid helps to bring the entire body through a dolphin motion.</p> <p>Equipment: none</p> <p>Skill Used: Dolphin Kick 15m</p>	wave
10 min	<p><b>Intervals - 2020</b></p> <ol style="list-style-type: none"> <li>1. Have swimmers perform 6 X 25m using the stroke of their choice, with a 15-second rest in between.</li> <li>2. In the next lesson, decrease the rest to 10 seconds, then 5 seconds in the following lesson.</li> <li>3. Finally, have the swimmers perform this continuously, without any rest.</li> <li>4. Once they are comfortable with this, then have them perform the distance with the same stroke</li> </ol> <p>Variation: Have them choose their most difficult stroke.</p> <p>Equipment: none</p> <p>Skill Used: Distance Swim 150m</p>	length circle

## Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p><b>Alternating Arms - 2020</b></p> <ol style="list-style-type: none"> <li>1. Review should roll with students.</li> <li>2. Review back glide with kick with one arm up, one arm down.</li> <li>3. Switch arm position and practice.</li> <li>4. Have students practice back crawl. Being with one arm up and one arm down, lift the shoulder of the lower arm and switch arm position.</li> <li>5. Practice in slow motion, then decrease the pause between switches.</li> </ol> <p>Equipment: none</p> <p>Skill Used: Back Crawl 50m</p>	length circle
3 min	<p><b>Deep Water Scull - 2020</b></p> <ol style="list-style-type: none"> <li>1. Make sure you are in deep water where you cannot touch</li> <li>2. Practice basic two-hand sculling and keep your feet together (crossed).</li> <li>3. Be sure to keep your head up and your body straight.</li> <li>4. Create whirlpools at the surface</li> <li>5. Start by sculling just 20 seconds at a time then gradually increase the amount of time to several minutes.</li> <li>6. For variety, change your body position very slowly while keeping the hand action very fast - do not kick</li> </ol> <p>Equipment: none</p> <p>Skill Used: Front Scull 15m</p>	circle
3 min	<p><b>Sculling - 2020</b></p> <ol style="list-style-type: none"> <li>1. Swimmers scull on back with head up</li> <li>2. arms up in a large "Y" position, arms straight out at stomach/chest level with elbows slightly bent, arms straight down at hip level</li> </ol> <p>Equipment: none</p> <p>Skill Used: Elementary Back Stroke 25m</p>	wave

## Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p><b>Vertical Flutter Kick - 2020</b></p> <ol style="list-style-type: none"> <li>1. Position yourself vertically in deep enough water that you cannot touch the bottom</li> <li>2. Face lane rope and hold on to it with your arms extended</li> <li>3. Begin to slowly flutter kick, keeping body at a vertical position with good posture</li> <li>4. Feet should separate only about 12 inches</li> <li>5. Gradually kick a little harder so that your shoulders come above the surface</li> </ol> <p>Equipment: lane rope</p> <p>Skill Used: Front Crawl 50m</p>	
3 min	<p><b>Kickboard Kick - 2020</b></p> <p>Have swimmers swim whip kick on their backs while holding a kickboard over their chest. The kickboard helps them maintain a horizontal body position in the water.</p> <p>Equipment: kickboard</p> <p>Skill Used: Whip Kick on Front 15m</p>	wave
5 min	<p><b>Reaching Assist - 2020</b></p> <ol style="list-style-type: none"> <li>1. Review throwing an assist with and without a line.</li> <li>2. Ask swimmers to show you what they might do if a struggling swimmer were close to the edge.</li> <li>3. Have swimmers try different ways of performing a reaching assist (e.g., standing up, sitting down, lying down).</li> <li>4. Have swimmers explain which reaching assist was the safest for them.</li> <li>5. Review with the swimmers how to perform a safe reaching assist.</li> </ol> <p>Equipment: throwing assists with a line and without a line, reaching assists,</p> <p>Skill Used: Reaching Assist with Rescue Equipment</p>	

## Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p><b>Discovering your Stride - 2020</b></p> <ol style="list-style-type: none"> <li>1. Have swimmers practise different ways to enter the water without letting their heads go underwater.</li> <li>2. Have swimmers practise maximizing their surface area (spread arms and legs) as they enter the water.</li> <li>3. Next, have swimmers minimize their surface area (bring arms and legs close to the body) as they enter.</li> <li>4. Have swimmers practise taking large steps on land.</li> <li>5. Have swimmers take large steps into the water. Emphasize that it's a step, not a jump.</li> <li>6. Have swimmers take a large step using their maximum surface area.</li> <li>7. Demonstrate a stride jump and have swimmers practise.</li> </ol> <p>Equipment: none</p>	scatter
	Skill Used: Stride Entry	