

kaukau- To swim

swimming activity and level guide

CREATED BY MERRYN HAMILTON



Kia Ora all,
Hope you enjoy using this resource!

I just want to let you know of a few things:

Firstly, I am a qualified swim instructor and before becoming a teacher I taught swimming for 6 years. However, there are many different ways to teach swimming and some people use different techniques- the ones listed in the lessons etc are the ones that I found easiest for me to personally teach.

If you have any questions about how to teach the content feel free to email me on:

merryn.ighamilton@gmail.com

Ngā mihi,
Merryn Hamilton

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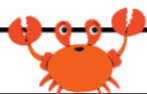
[Level 5- Maki- Whale: How to teach](#)

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Level 1- Pāpaka (Crab)



What they can do

Absolute beginner

What they will learn

- Enter and exit the pool safely
- Gain confidence in the water
- Move through the water
- Have water showered over their head and body parts
- Blow bubbles
- Submerge and pick objects off of the floor
- Float on front and back for 5 seconds assisted

Level 2- Tuna (Eel)



What they can do

Pāpaka (Crab)
Learning intentions

What they will learn

- Float on front for 5 seconds and stand back up unassisted
- Float on back for 5 seconds and stand back up unassisted
- Kicking on front and back assisted and unassisted
- Streamline glide on front
- Roll from back to front

Level 3- Petipeti (Jellyfish)



What they can do

Tuna (Eel)
Learning intentions

What they will learn

- Streamline glide on front and back
- Roll from back to front while kicking
- Basic freestyle arms while kicking
- Basic backstroke arms while kicking
- Sitting dives

Level 4- Mako (Shark)



What they can do

Petipeti (Jellyfish)
Learning intentions

What they will learn

- Learn bubble, bubble, breathe freestyle arms
- Introduction to windmill backstroke
- Butterfly kick
- Introduction to crouching dives

Level 5- Maki (Whale)



What they can do

Mako (Shark)
Learning intentions

What they will learn

- Shark fin freestyle
- Windmill backstroke
- Breastroke kick
- Standing dives

Level 6- Pāpahu (Dolphin)



What they can do

Maki (Whale)
Learning intentions

What they will learn

- Head touch freestyle
- Full backstroke 50m
- Butterfly 50m
- Full breaststroke 50m
- Starts and finishes for all strokes

Level 7- Whai (Stingray)



What they can do

Pāpahu (Dolphin)
Learning intentions

What they will learn

- Can swim a 100m IM (Individual Medley: Butterfly, Backstroke, Breaststroke, Freestyle)
- Work on endurance in the water and Drills
- Tumble turns
- Tread water for 1 minute

Level 1- Pāpaka- Crab- Learning intentions

Will learn how to:

1. Enter and exit the pool safely
2. Gain confidence in the water
3. Move through the water
4. Have water showered over their head and body
5. Blow bubbles
6. Submerge and pick objects off of the floor
7. Float on front and back for 5 seconds assisted

Learning outcome	Activity name	What to do?	Equipment needed
Enter the pool safely	¼ turn in	<p>If students can stand up in the pool with the water below their upper chest use this as an entry technique</p> <ol style="list-style-type: none"> 1. Sit on the edge of the pool with legs in the water 2. Place one hand on the side of the pool, fingers parallel to the edge. 3. Move weight onto hand and slowly push, making a quarter turn so there tummy is facing the wall as they lower themselves in the pool 4. Bend knees when their feet touch the floor. Don't let go of the side of the pool till you are balanced. 	N/A
Enter and exit the pool safely		Teach students how to safely and carefully use a ladder to get into/out of the pool or steps.	
Gain confidence	Traffic lights	<ol style="list-style-type: none"> 1. Students sit on the side of the pool with feet 	N/A

in the water		<p>in the water</p> <ol style="list-style-type: none"> If the teacher yells "green light", students kick as fast as possible. If the teacher yells, "yellow light", students kick slowly If the teacher yells "Red light", students stop kicking 	
Gain confidence in the water	Motor boat, Motor boat	<ol style="list-style-type: none"> Walk slowly in a circle and chant: "Motorboat, motorboat go so slow". Start walking faster and say "Motor boat, motorboat go so fast" Start running and say "Motorboat, Motorboat, step on the gas" 	N/A
Gain confidence in the water	Little green frog	Sing the song and splash when it says so.	N/A
Move through the water	Animal race	<p>Challenge the students to move like an animal to the other side of the pool (a width). Examples:</p> <ul style="list-style-type: none"> Show me how you can jump like a kangaroo Show me how you can run fast like a cheetah Show me how you could move slowly like a tortoise Show me how you can tiptoe like a mouse Show me how you can blow bubbles like a fish 	N/A
Move through the water	Movement race	<p>Examples:</p> <ul style="list-style-type: none"> Show me how you can walk like a robot Show me how you can make big splashes Show me how you can make no splashes 	N/A
Move through the water and Water showered	Rain game	<ol style="list-style-type: none"> Each student is given a flutter board that they will use as their umbrella, holding it above or on their heads. 	Flutter boards

over body parts		<ol style="list-style-type: none"> 2. They will begin to walk to the other end of the pool, they are safe from the rain when they get to the other end 3. The teacher uses a flutter board to flick water up and splash the back of the students. You can change how big the splashes are depending on the confidence of the students. 	
Water showered over body parts	Action songs:	<ul style="list-style-type: none"> • Hickory Dickory Dash • Heads shoulders knees and toes • Teddy bear, Teddy Bear • Pakipaki 	Song sheets
Water showered over body parts	Wash your body	<p>Challenge the students to wash different parts of their body in the water. Can you show me...examples:</p> <ul style="list-style-type: none"> • How you can wash your hands • How you can wash your shoulders • How you can wash your ears • How you can wash the back of your head • How you can walk under the rain bucket/watering can 	Watering can or bucket with holes drilled in the bottom
Blowing bubbles	Bubble monster	<p>Using a rain bucket (bucket with holes drilled in the bottom) fill it up with floating toys. Turn it upside down while pushing it under the water.</p> <p>Encourage the students to: Show me how you can/would:</p> <ul style="list-style-type: none"> • Blow a candle on a birthday cake (out of the water) • Blow small bubbles in the water • Blow crazy monster bubbles 	<p>Rain bucket Floating pool toys</p> <p>If you do not have a bucket you can do a simon says bubble blowing game instead!</p>

		<ul style="list-style-type: none"> • Blow loud bubbles • Blow bubbles with your nose (Get the kids to hum in the water) <p>Once the students have blown bubbles, say that the bubble bucket (rain bucket) is full of bubbles and turn it the right way up under the water, all the toys will float to the top and students can retrieve the toys.</p>	
Submerge	Tick Tock	<p>Teacher says: Tick Tock, Tick Tock (students moving head side to side to put ears into the water) I'm a little cuckoo clock, Tick, Tock, Tick, Tock now I'm turning one o'clock. (one jump as far up and then down into the water as they are confident) The chant can continue on however high you want to go up in numbers</p>	
Assisted float on front	Starfish float	<ol style="list-style-type: none"> 1. Hold the students under their armpits 2. Ask them to make a starfish position 3. Encourage them to put their face in the water. (you can place a toy at the bottom of the pool for them to look at) 4. Count to 5 	Optional: Sinking pool toy
Assisted float on back	Starfish float	<ol style="list-style-type: none"> 1. Hold the students under their armpits 2. Get them to lean their head back and rest it on your shoulder 3. Encourage them to push their tummy up into the air (<i>by squeezing their bum together- lots of laughs from this instruction!</i>) and look straight up at the roof 4. Count to 5 	

Songs for in the pool	
Hickory Dickory Dash (Sung to the tune of Hickory Dicory Dock)	Little green frog (Sung to the tune of 'The little green frog')
<p>Hickory Dickory dash</p> <p>The students make a big SPLASH</p> <p>They turn around</p> <p>They touch the ground</p> <p>Hickory Dickory Dash</p> <p>Hickory Dickory dare</p> <p>The students jump up in the air</p> <p>Their bubbles went in (<i>blow bubbles in the water</i>)</p> <p>They were learning to swim</p> <p>Hickory Dickory dare</p>	<p>Splash, Splash went the little green frog one day</p> <p>splash, splash went the little green frog.</p> <p>Splash, Splash went the little green frog one day</p> <p>and we all went splash, splash, splash"</p>
Teddy bear, teddy bear	Pakipaki pakipaki (Sung to this tune)
<p>Teddy Bear Teddy Bear up and down</p> <p>Teddy Bear Teddy Bear turn around</p>	<p>Pakipaki pakipaki Tamariki ma</p> <p>Pakipaki pakipaki Tamariki ma</p>

<p>Teddy Bear Teddy Bear touch your toes</p> <p>Teddy Bear Teddy Bear touch your nose</p> <p>Teddy Bear Teddy Bear too and fro</p> <p>Teddy Bear Teddy Bear lots of bubbles we blow</p> <p>Teddy Bear Teddy Bear touch your toes Teddy Bear Teddy Bear wet your nose Teddy Bear Teddy Bear too and fro Teddy Bear Teddy Bear down we go</p>	<p>Repeat this using other actions:</p> <p>Kanikani- Dance</p> <p>Hurihuri- Turn around</p> <p>E peke- To jump</p> <p>E oma- To run</p> <p>E hula- Hula dance</p> <p>Takahia- Stomp</p>
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Lesson plan example		
	Learning intention	Activity
Warm up/Introduction 5 mins	Enter the pool safely	Practice the ¼ turn to get into the pool safely
Lesson	Gain confidence in the water	Traffic lights
	Move through the water	Animal race
	Water showered over body parts	An action song
	Assisted front float	
	Blowing bubbles	Simon says "blowing bubbles"
	Assisted back float	
Wrap up	Submerge	Treasure hunt- Throw sinkers into the bottom of the pool for them to try and pick up. Some students will not be confident enough to do this yet, however you can encourage them to put their goggles into the water to see where the sinker is.

Level 2- Tuna- Eel- Learning intentions

Will learn how to:

1. Float on front for 5 seconds and stand back up unassisted
2. Float on back for 5 seconds and stand back up unassisted
3. Kicking on front assisted and then unassisted
4. Kicking on back assisted and then unassisted
5. Streamline glide on front
6. Roll from back to front

Learning outcome	Activity name	What to do?	Equipment needed
Before learning to do the front float unassisted:	How to!	Explain to the students that when they are doing a front float unassisted it can be a bit harder to then stand up. The best way to stand up after doing the float is to push their feet down towards the ground with a bit of force and pull their arms towards their body.	N/A
Float on front for 5 seconds and stand back up unassisted First activity for unassisted front floats.	Front starfish float	<ol style="list-style-type: none"> 1. Hold the students under their armpits 2. Ask them to make a starfish position and go into their front float with their face in the water 3. Gently let go of the students- Keep your hands close to them though so you can hold them if they begin to panic 4. Count to 5 	N/A

		Do not move onto the next activity until they are confident with this!	
Float on front for 5 seconds and stand back up unassisted Second activity for unassisted front floats.	Front starfish float	<ol style="list-style-type: none"> 1. Give the students a flutter board in each hand or chips in each hand. 2. Help them to get into the starfish position 3. Let go of them 4. Count to 5. 	Flutter boards or chips (Flutter boards cut up into "chips" big enough for the students to have both their hands holding it.
Float on front for 5 seconds and stand back up unassisted Third activity for unassisted front floats	Front starfish float	<ol style="list-style-type: none"> 1. Teach the students how to move into doing a starfish float unassisted. "Do not just jump and face flop the water, slowly push your arms out and let your feet come up to the top" 2. Remind them of how to stand back up 3. Encourage them to show you how they can do it all by themselves. 	
Before learning to do the back float unassisted:	How to back float and stand up!	<p>Explain to the students that doing a back float can be scary unassisted but just remind them to breathe normally.</p> <p>When they stand up from doing their back float they need to bring their knees towards their chest and then put their feet down on the ground.</p>	N/A
Float on back for 5 seconds and stand back up unassisted First activity for unassisted back floats	Back starfish float	<ol style="list-style-type: none"> 1. Hold the students under their armpits 2. Get them to go into their back starfish position- do not allow them to have their head resting on your shoulder. 3. Remove some fingers from your grip and lightly support them to float on back 5. Count to 5 	N/A

<p>Float on back for 5 seconds and stand back up unassisted</p> <p>Second activity for unassisted back floats</p>	Back starfish float	<ol style="list-style-type: none"> 1. Give the students one flutter board to hold in their hands (can then progress to a chip once more confident) 2. Support the students to lie back while holding the board over their knees. 3. You can support the students by holding the back of their neck until they are confident with being let go 	Flutter boards or chips (Flutter boards cut up into "chips" big enough for the students to have both their hands holding it.
<p>Float on back for 5 seconds and stand back up unassisted</p> <p>Third activity for unassisted back floats</p>	Back starfish float	<ol style="list-style-type: none"> 1. Teach the students how to move into doing a back float unassisted. "Do not just jump and neck flop the water, slowly put your arms to your side and let your feet come up to the top" 2. Remind them of how to stand back up 3. Support them by holding the back of their neck and then let go when you feel as though they are somewhat relaxed 4. Encourage them to show you how they can do it all by themselves. 	N/A
Kicking on front assisted and then unassisted	Kicking with flutter board progression	<ol style="list-style-type: none"> 1. Give the students a flutter board. 2. Encourage them to hold the board right at the end closest to where their head will be. 3. Straight arms, long legs 4. Support them by holding the front of their flutter board at the beginning to help them start. They need to put their head in the water, chin on chest, ears between arms and try to kick. <p>Once they are confident doing it with a flutter board, you can then introduce the chip. After they have achieved using the chip you can get them to do "Rocketship arms". Arms out straight, one hand</p>	Flutter board Chip

		over the other and kicking with their head down between their arms.	
Kicking on back assisted and then unassisted	Kicking with flutter board progression	<ol style="list-style-type: none"> 1. Give the students one flutter board to hold in their hands (can then progress to a chip once more confident) 2. Support the students to lie back while holding the board over their knees. 3. You can support the students by holding the back of their neck until they are confident with being let go 4. Encourage them to push their tummies up (squeeze their bum together). Look straight up and kick their feet <p>Once they are confident doing it with a flutter board, you can then introduce the chip. After they have achieved using the chip you can get them to hold their hands by their side as they kick on their back.</p>	N/A
Streamline glide on front	Rocketship	<ol style="list-style-type: none"> 1. The students are to put their arms out straight, one hand over the other and glide with their head down between their arms. 2. Remind the students that gliding means they do not kick their feet but rather they push off of the wall with their feet and float as far as they can. 	N/A
Roll from back to front		<p>Only do this once the students are confident with kicking on their front and back unassisted.</p> <ol style="list-style-type: none"> 1. Get the students to put their hands by their sides. 	N/A

		2. They need to float on their front for 3 seconds and then roll onto their back for 4 seconds 3. Remind them to keep their tummy muscles strong or else they will sink!	
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Lesson plan- First lesson- example		
	Learning intention	Activity
Warm up/Introduction 5 mins	Animal race	Challenge the students to move like an animal to the other side of the pool (a width). Examples: <ul style="list-style-type: none"> Show me how you can jump like a kangaroo
Lesson	Float on front for 5 seconds and stand back up unassisted	Unassisted Front starfish float activity 1
	Float on back for 5 seconds and stand back up unassisted	Unassisted back starfish float activity 1
	Kicking on front assisted and then unassisted	Traffic lights on the side of the pool <ol style="list-style-type: none"> students lie on the edge of the pool with legs and feet in the water, upper half of the body out on the side. If the teacher yells "green light", students kick as fast as possible. If the teacher yells, "yellow light", students kick slowly If the teacher yells "Red light", students stop kicking
Wrap up	Submerge	Treasure hunt- Throw sinkers into the bottom of the pool for them to try and pick up..

Level 3- Petipeti- Jellyfish- Learning intentions

Will learn how to:

1. Streamline glide on front and back
2. Roll from back to front while kicking
3. Basic freestyle arms while kicking
4. Basic backstroke arms while kicking
5. Sitting dives

Learning outcome	Activity name	What to do?	Equipment needed
Streamline glide on front	Rocketship	<ol style="list-style-type: none"> 1. The students are to put their arms out straight, one hand over the other and glide with their head down between their arms. 2. Remind the students that gliding means they do not kick their feet but rather they push off of the wall with their feet and float as far as they can. 	N/A
Streamline glide on back	Backwards rocketship	<ol style="list-style-type: none"> 1. The students are to put their arms out straight, one hand over the other and lie onto their back. 2. The teacher is to help them get onto their back and then use their feet to push off of the wall. 	N/A
Roll from back to front while kicking		<ol style="list-style-type: none"> 1. Get the students to put their hands into the rocketship position 2. They need to kick on their front for 3 seconds and then roll onto their back for 4 seconds, keeping their arms in the same rocketship position 3. Remind them to keep their tummy muscles strong or else they will sink! 	N/A

Basic freestyle arms while kicking Activity 1	Freestyle-assisted	<ol style="list-style-type: none"> 1. Using a flutter board, encourage students to put their hands on the end of the board. 2. They need to use long arm strokes that reach the bottom of the pool and then paint a rainbow. 3. One arm at a time, one arm does the stroke movement and then goes back onto the board before the other arm does it. 4. Try to get the student into the routine of doing 2-3 arm strokes before taking a breath 	Flutter board
Basic freestyle arms while kicking Activity 2	Freestyle-assisted	<ol style="list-style-type: none"> 1. Using a chip, encourage students to put their hands as they did on the flutterboard 2. They need to use long arm strokes that reach the bottom of the pool and then paint a rainbow. 3. One arm at a time, one arm does the stroke movement and then goes back onto the chip before the other arm does it. 4. Try to get the student into the routine of doing 2-3 arm strokes before taking a breath 	Chip
Basic freestyle arms while kicking Activity 3	Freestyle-Unassisted	<ol style="list-style-type: none"> 1. Rocketship arms 2. Long arm strokes 3. One arm stroke, touch hands together, second arm stroke, touch hands together, third arm stroke, touch hands together 	
Basic backstroke arms while kicking Activity 1	Backstroke-assisted	<ol style="list-style-type: none"> 1. Holding a flutter board over their knees while on the back. 2. One arm stroke: Arm up the roof, backwards, down to the ground and back to the flutter board. 3. Repeat arm strokes till they get to the end of the lane 4. Remember to keep kicking! 	Flutter board

Basic backstroke arms while kicking Activity 2	Backstroke-Assisted	<ol style="list-style-type: none"> 1. Holding a chip over their knees while on the back. 2. One arm stroke: Arm up the roof, backwards, down to the ground and back to the chip. 3. Repeat arm strokes till they get to the end of the lane 4. Remember to keep kicking! 	Chip
Basic backstroke arms while kicking Activity 3	Backstroke-Unassisted	<ol style="list-style-type: none"> 1. Arms by their sides 2. One arm stroke- then arm back beside their side 3. Next arm stroke 4. Make sure they wait till one arm stroke is finished before they start the next one 	N/A
Sitting dives		<ol style="list-style-type: none"> 1. Sitting on the edge of the pool with feet in the water 2. Encourage the students to have one foot almost flat against the wall to push off of 3. Rocketship arms 4. Either students can push themselves off the wall into the water or you can help them out by holding their hands and giving them a boost! 	

Lesson plan- Focus on front- example		
	Learning intention	Activity
Warm up/Introduction	Kicking on front assisted and then unassisted	Rocketship races- Kicking on front in rocketship position.

5 mins		
Lesson	Streamline glide on front	Get the kids to do their rocket ships without kicking, give them a boost by launching them off. Can make it a competition to see who can glide the farthest.
	Kicking on front assisted and then unassisted	Individual Rocketships- Kicking on front in rocketship position down to the end of the lane
	Basic freestyle arms while kicking	Activity 1 and then change it up as they progress
Wrap up	Submerge	Sinkers treasure hunt

For a lesson plan where the focus is on their backs- follow the same plan as above just with kicking on their backs (hands to their sides), streamline on back, basic backstroke practice and then a submerge activity.

Level 4- Mako- Shark- Learning intentions


Will learn how to:

1. Learn bubble, bubble, breathe freestyle arms
2. Introduction to windmill backstroke
3. Butterfly kick
4. Introduction to crouching dives

Learning outcome	Activity name	What to do?	Equipment needed
Learn bubble, bubble, breathe freestyle arms Activity 1	Swimming on side Youtube video with the intention of what this should look like	<p>Using a flutterboard to help support balance students will be swimming on their side.</p> <ol style="list-style-type: none"> 1. Hold a flutterboard using your left arm. Have hand at the bottom of the flutter board 2. Left arm needs to be long and straight 3. Help students get into the position of being on their side 4. Right arm needs to stay on the right hand side of their body 5. Right shoulder should be parallel to the roof. 6. Kicking as per normal just on their side <p>Then repeat this but leaning on the right arm- The students need to get used to leaning on both arms.</p> <p>Students need to be encouraged to use their tummy muscles and to kick well or else they will sink.</p>	Flutterboard
Learn bubble, bubble, breathe freestyle arms Activity 2	Rolling from side to front and back to side	<ol style="list-style-type: none"> 1. Have students get into their side kick position using the flutterboard. 2. Kick in the side position for 4 seconds then roll onto the front for 4 seconds. 3. Repeat this till they have done a specific length. <p>Then repeat this but leaning on the right arm- The students need to get used to leaning on both arms.</p>	Flutterboard
Learn bubble, bubble, breathe	Walking- Bubble, bubble,	Students are to complete this while walking up and down the pool. This is a great time to support the	Flutterboard

freestyle arms Activity 3	breathe using flutter board	<p>students and help manipulate their arms and head into the right positions and get them used to the pattern of 'bubble, bubble, breathe'</p> <ol style="list-style-type: none"> 1. Hands on the bottom of the flutterboard in a rocketship position 2. Chin to chest, head tucked in between arms. 3. Start with a right arm stroke- One freestyle arm meets the other hand back on the board. (Say "Bubble") 4. Once the right hand is back on the board, do the left hand. (Say "bubble") 5. Once the left hand is back on the board, roll the ear onto the left shoulder and breathe while using the right arm to do the arm stroke. (Say "Breathe") 	
Learn bubble, bubble, breathe freestyle arms Activity 4	Bubble, bubble, breathe using flutter board	<ol style="list-style-type: none"> 1. Hands on the bottom of the flutterboard in a rocketship position 2. Chin to chest, head tucked in between arms. 3. Start with a right arm stroke- One freestyle arm meets the other hand back on the board. (Blow bubbles) 4. Once the right hand is back on the board, do the left hand. (Blow bubbles) 5. Once the left hand is back on the board, roll the ear onto the left shoulder and breathe while using the right arm to do the arm stroke. (Breathe) <p>Continue to do this pattern except now the arm strokes begin on the opposite arm.</p> <p>*Even now when I swim in my head I am saying- "Bubble, bubble, breathe"</p>	Flutterboard

Learn bubble, bubble, breathe freestyle arms Activity 5 + 6	Bubble, bubble, breathe	Once the student is comfortable doing their freestyle (BBB) on the flutterboard without rolling around too much you can move them on to using a chip and then on to being unassisted.	Chip
Introduction to windmill backstroke Activity 1	Backstroke	<ol style="list-style-type: none"> 1. Arms by their sides 2. One arm stroke- then arm back beside their side 3. Next arm stroke 4. Make sure they wait till one arm stroke is finished before they start the next one 	
Introduction to windmill backstroke Activity 2	Backstroke Introducing windmill	<ol style="list-style-type: none"> 1. One arm flat on the water above head, one arm against the side of the body 2. Kick on back in this position for 4 seconds. 3. Arm that is flat on the water needs to continue with the back arm stroke till it meets the side of the body, the other arm begins the arm stroke to end up on the water above the head. 4. Kick in this position for 4 seconds before changing again . 	
Butterfly kick (AKA dolphin kick)	Introduction to butterfly kick	<p>Dolphin drill</p> <ol style="list-style-type: none"> 1. Arms at sides 2. Swimming on top of the water 3. Kicking feet like a mermaid or dolphin. It is like doing "the worm" dance. <p>Feet and legs should be together, bent at the knees when doing the kick. It does require a lot of leg strength and endurance to keep the kick going for long distances.</p>	
Introduction to	Sitting dive	<ol style="list-style-type: none"> 1. Sitting on the edge of the pool with feet in 	

crouching dives Activity 1		<p>the water</p> <ol style="list-style-type: none"> 2. Encourage the students to have one foot almost flat against the wall to push off of 3. Rocketship arms 4. Students can push themselves off the wall into the water 	
Introduction to crouching dive Activity 2	Crouching dive	<ol style="list-style-type: none"> 1. Students crouch on the edge of pool 2. One foot forward and one foot back. Their front foot needs to have the toes curled over the edge of the pool 3. Weight should be on the back foot. 4. Arms in rocketship position, chin on chest, head tucked in (if head is not tucked in water will go up their nose) 5. Using the back foot they need to push off and transfer the weight into the front foot as they tip forward into the water. 	

Lesson plan- Focus on Bubble, bubble, breathe		
Lesson 1	Learning intention	Activity
Warm up/Introduction 5 mins	Kicking on front unassisted	Kicking on front in rocketship position

Lesson	Basic freestyle arms	<ol style="list-style-type: none"> 1. Rocketship arms 2. Long arm strokes 3. One arm stroke, touch hands together, second arm stroke, touch hands together, third arm stroke, touch hands together
	Learn bubble, bubble, breathe freestyle arms	Side swimming- Activity 1
	Learn bubble, bubble, breathe freestyle arms	Rolling from side to front- Activity 2
	Learn bubble, bubble, breathe freestyle arms	Walking- Bubble, bubble, breathe using flutter board- Activity 3
Wrap up	Submerge	Sinkers treasure hunt

Lesson plan- Focus on Bubble, bubble, breathe		
Lesson 2	Learning intention	Activity
Warm up/Introduction 5 mins	Kicking on front unassisted	Kicking on front in rocketship position
Lesson	Learn bubble, bubble, breathe freestyle arms	Rolling from side to front- Activity 2
	Learn bubble, bubble, breathe freestyle arms	Walking- Bubble, bubble, breathe using flutter board- Activity 3
	Bubble, bubble, breathe using flutter board	Introduce bubble, bubble, breathe using flutter board- Activity 4
	Introduction to crouching dives	Activity 1+ 2 (sitting and crouching dives)
Wrap up	Submerge	Sinkers treasure hunt

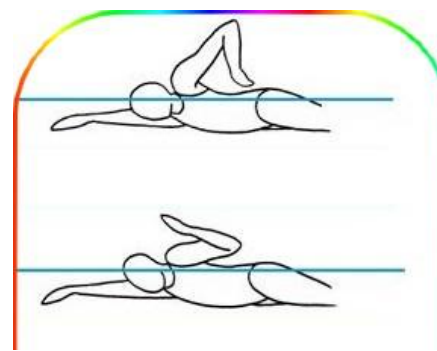
Lesson plan- Focus on Bubble, bubble, breathe		
Lesson 3	Learning intention	Activity
Warm up/Introduction 5 mins	Kicking on front unassisted	Kicking on front in rocketship position
Lesson	Learn bubble, bubble, breathe freestyle arms	Rolling from side to front- Activity 2
	Bubble, bubble, breathe using flutter board (if students are doing this confidently- then you can move onto doing it without the flutter board)	Introduce bubble, bubble, breathe using flutter board- Activity 4
	Butterfly kick	Dolphin drill
	Introduction to crouching dives	Activity 2
Wrap up	Submerge	Sinkers treasure hunt

Level 5- Maki- Whale- Learning intentions

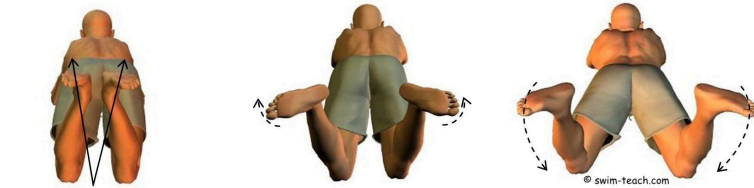
Will learn how to:



1. Shark fin freestyle
2. Windmill backstroke
3. Breaststroke kick

4. Standing dives

Learning outcome	Activity name	What to do?	Equipment needed
Shark fin freestyle	Introduction to shark fin freestyle	<ol style="list-style-type: none"> 1. Students are to do bubble, bubble, breathe 2. However their armstrokes will change from being long arms the whole time to having a "shark fin" 3. To begin, rocketship arms, one arm goes down and over, as the hand gets to shoulder height the arm needs to move into an upside down 'V' position (shark fin) 4. Students then push their arm through this position and back to the rocketship before doing the next arm. 5. And so on- doing the bubble, bubble breathe pattern but with 'shark fin' arms. 	
Windmill backstroke Activity 1	Backstroke Introducing windmill	<ol style="list-style-type: none"> 1. One arm flat on the water above head, one arm against the side of the body 2. Kick on back in this position for 4 seconds. 3. Arm that is flat on the water needs to continue with the back arm stroke till it meets the side of the body, the other arm begins the arm stroke to end up on the water above the head. 4. Kick in this position for 4 seconds before changing again . 	
Windmill backstroke Activity 2	Backstroke Introducing windmill	Same as above however change to 2 seconds now	
Basic backstroke	Backstroke	5. One arm flat on the water above head, one	

Activity 2	Introducing windmill	<p>arm against the side of the body</p> <ol style="list-style-type: none"> Kick on back in this position for 4 seconds. Arm that is flat on the water needs to continue with the back arm stroke till it meets the side of the body, the other arm begins the arm stroke to end up on the water above the head. Kick in this position for 4 seconds before changing again . 	
Breaststroke kick Activity 1	Penguin walk-Introducing breaststroke kick	<ol style="list-style-type: none"> Get out of the pool, have arms up above heads in rocketship position. Turn feet out like they are penguins Walk a lap around the outside of the pool using 'penguin feet'. 	
Breaststroke kick Activity 2	Introducing breaststroke kick	<ol style="list-style-type: none"> All students are to get out of the pool fully and lie on their tummies. Place a flutterboard under their knees Keep legs together, bend knees, palms of feet should be facing the ceiling and should be flat Turn feet out like a penguin Push heels and feet back using strong leg movements Bring legs back together out straight to be able to glide 	

		 <p>Heels are drawn up towards the seat. Soles face upwards</p> <p>Feet turn outwards to allow the heels and soles to aid propulsion</p> <p>Heels push back and outwards in a whip-like action</p>	
Breaststroke kick Activity 3	Practicing breaststroke kick	<p>Complete this inside the pool</p> <ol style="list-style-type: none"> 1. Have students hold onto the side of the pool and practice their breaststroke kick movements. 2. Once they have completed one full kick action make sure they take a breath before starting on the next one 	
Breaststroke kick Activity 4	Breaststroke kick	<ol style="list-style-type: none"> 1. Hold arms in rocketship position 2. Students are to do their breaststroke kick in the water (Warning: this will be and look painfully slow!) 3. One full breaststroke kick- then head up to breathe. And repeat 	
Introduction to standing dives Activity 1	Sitting dive	<ol style="list-style-type: none"> 1. Sitting on the edge of the pool with feet in the water 2. Encourage the students to have one foot almost flat against the wall to push off of 3. Rocketship arms 4. Students can push themselves off the wall into the water 	

<p>Introduction to standing dives</p> <p>Activity 2</p>	<p>Crouching dive</p>	<ol style="list-style-type: none"> 1. Students crouch on the edge of pool 2. One foot forward and one foot back. Their front foot needs to have the toes curled over the edge of the pool 3. Weight should be on the back foot. 4. Arms in rocketship position, chin on chest, head tucked in (if head is not tucked in water will go up their nose) 5. Using the back foot they need to push off and transfer the weight into the front foot as they tip forward into the water. 6. 	
<p>Introduction to standing dives</p> <p>Activity 3</p>	<p>Standing dive</p>	<ol style="list-style-type: none"> 1. Students stand at the edge of the pool. 2. One foot forward and one foot back. Their front foot needs to have the toes curled over the edge of the pool 3. Knees bent 4. Weight should be on the back foot. 5. Arms in rocketship position 6. When ready, push through your feet and dive in. <p>There will likely be belly flops, water up the nose, goggles coming off of their faces etc. If you are teaching from outside of the pool, definitely expect to get wet when doing dives!</p>	

Lesson plan- Shark fin freestyle		
	Learning intention	Activity

Warm up/Introduction 5 mins	Learn bubble, bubble, breathe freestyle arms	Side swimming- Activity 1 (Level 4- Mako plans)
Lesson	Shark fin freestyle	Review over bubble bubble breathe
	Shark fin freestyle	Introduction to shark fin freestyle
	Introduction to standing dive	Practice some crouching dives and then move onto standing dives
Wrap up	Submerge- Dolphin dives (Butterfly kick)	Sinkers treasure hunt using butterfly kick to dive to the bottom of the pool to get the treasure

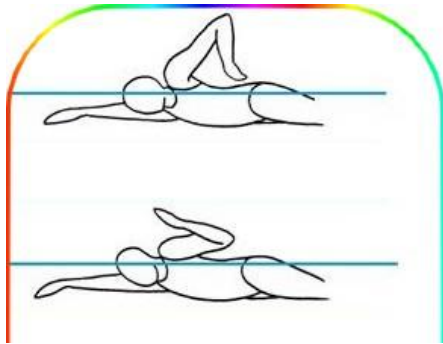
Lesson plan- Introduction to Breastroke kick		
It is best if you are in the pool with students while teaching Breastroke kick	Learning intention	Activity
Warm up/Introduction 5 mins	Streamline glide on front	<ol style="list-style-type: none"> 1. The students are to put their arms out straight, one hand over the other and glide with their head down between their arms. 2. Remind the students that gliding means they do not kick their feet but rather they push off of the wall with their feet and float as far as they can.
Lesson	Introduction to Breastroke kick	Penguin walk
	Introduction to Breastroke kick	Activity 2

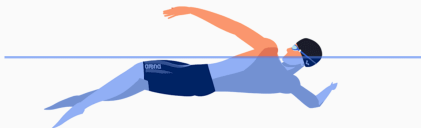
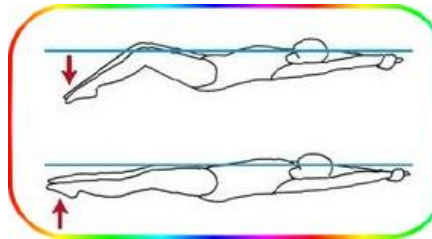
	Introduction to Breastroke kick	Activity 3
Wrap up	Submerge- Dolphin dives (Butterfly kick)	Sinkers treasure hunt using butterfly kick to dive to the bottom of the pool to get the treasure

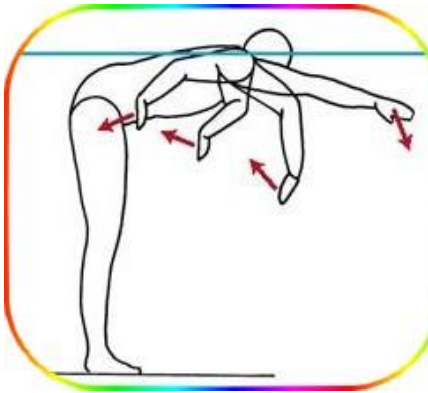
Level 6- Pāpahu-Dolphin- Learning intentions

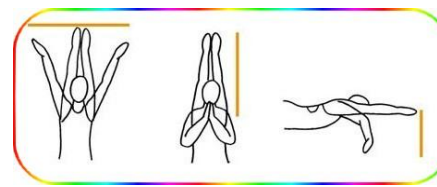
Will learn how to:

1. Head touch freestyle
2. Full backstroke
3. Full butterfly
4. Full breaststroke
5. Starts and finishes for all strokes

Learning outcome	Activity name	What to do?	Equipment needed
Head touch freestyle Activity 1	Shark fin freestyle	<p>Go over the shark fin freestyle again</p> <ol style="list-style-type: none"> 1. Students are to do bubble, bubble, breathe 2. However their armstrokes will change from being long arms the whole time to having a "shark fin" 3. To begin, rocketship arms, one arm goes down and over, as the hand gets to shoulder height the arm needs to move into an upside down 'v' position (shark fin) 4. Students then push their arm through this position and back to the rocketship before doing the next arm. 5. And so on- doing the bubble, bubble breathe pattern but with 'shark fin' arms. 	
Head touch freestyle Activity 2	Head touch freestyle	<p>Same as above- Shark fin freestyle. Only difference is:</p> <ul style="list-style-type: none"> • Hands no longer need to be resting on top of each other but closely beside each other • When the arm is coming towards the side of the students head, their hand needs to brush past the forehead and then push out straight. 	

Full backstroke	Windmill backstroke	<p>Swimming windmill backstroke however there is no counting before switching arms over.</p> <p>When arms go backwards into the water they now need to be bent to get the most forceful push through the water</p>	
Full butterfly Activity 1	Butterfly kick Superman dolphin drill	<ol style="list-style-type: none"> 1. Arms out front in a superman position 2. Swimming on top of the water 3. Butterfly kick- focusing on the power you can get from moving your chest and hips <p>Encourage the students to do this slowly and focus on the power they are using not the speed they are going.</p>	
Full butterfly Activity 2	Butterfly kick Back dolphin	<ol style="list-style-type: none"> 1. Get students to push off the wall on their backs, arms at their sides 2. Encourage them to try to kick the water upward to make small bubbles above their feet. Using the entire length of their legs and core muscles. 3. Their head should be still and knees should not be coming out of the water too much <p>Challenge: Once they have achieved this they can try and do it with their arms in the rocketship position on their backs</p>	

<p>Full butterfly Activity 3</p>	<p>Butterfly arms</p>	<p>While initially teaching this, the students have their faces not in the water.</p> <ol style="list-style-type: none"> 1. Get students to stand in waist deep water (If the water is too deep then do this drill outside of the pool). Both feet firmly on the bottom of the pool, leaning forward so face is in the water. Looking directly at the bottom of the pool. 2. Arms should be extended forward on the surface of the water slightly wider than shoulder width. Palms down, thumbs slightly lower than pinkies 3. Stretch arms forward so elbows are locked. Bend at the wrists so palms and fingertips are facing outwards so they can push the water. 4. To begin the stroke: Move arms slightly outwards to cup the water, push arms down, take a breath and move arms back so they end near your hips. 5. Then return your arms to the beginning position by bringing them up and over, and face moves back into the water. <p>Butterfly arms can be very awkward and it's just about lots of practice and getting into the flow of things!</p>	
<p>Full butterfly Activity 4</p>	<p>Putting the kick and arms together</p>	<ol style="list-style-type: none"> 1. Push off the wall face down in the water, arms extended in the beginning arm position. 2. Do three dolphin kicks and then the arm movement + breathing 3. Once the arm movements are complete then begin again with three kicks and so on 	

Full breaststroke Activity 1	Breaststroke kick	<ol style="list-style-type: none"> 1. Hold arms in rocketship position 2. Students are to do their breaststroke kick in the water (Warning: this will be and look painfully slow!) 3. One full breaststroke kick- then head up to breathe. And repeat 	
Full breaststroke Activity 2	Breaststroke arms	<ol style="list-style-type: none"> 1. Arms out straight, elbows locked, backs of hands touching each other 2. Bring arms out so they are shoulder width apart 3. Bend at the elbows, bring palms towards chest. 4. Once palms get to chest, bring hands up in front of face, rotate hands over so palms are in the water 5. Stretch arms out long to finish the arm movement 	
Full breaststroke Activity 3	Breaststroke arms + breathing	<ol style="list-style-type: none"> 1. Arms out straight, elbows locked, backs of hands touching each other 2. Bring arms out so they are shoulder width apart 3. Bend at the elbows- This is when students breathe. They are bending their elbows to push their chest and head up out of the water to breathe. Then, bring palms towards the chest. 4. Once palms get to chest, bring hands up in front of face, rotate hands over so palms are in the water 5. Stretch arms out long to finish the arm movement 	
Full breaststroke	Breaststroke	Outside of the pool for this one! On the edge	

	arms and legs together- basic	<p>Students need to lay on the side of the pool so their arms to the top of their chests are in the water and their torso and legs are on the side of the pool.</p> <p>Practice the movements-</p> <ol style="list-style-type: none"> 1. Kick movement 2. Arm movement 3. Glide for 3 seconds (practice just lying straight with arms out in front of heads on top of the water) <p>Then get into the pool and try it</p>	
Full breaststroke	Breaststroke arms and legs together- basic	<p>Outside of the pool for this one! On the edge Students need to lay on the side of the pool so their arms to the top of their chests are in the water and their torso and legs are on the side of the pool.</p> <ol style="list-style-type: none"> 1. Arm movements- When head is up to breathe do the kick 2. When arms push forward back into the starting position, head goes down and the body glides through the water for 3-5 seconds. 	
Starts and finishes for all strokes	<p>Freestyle start Freestyle finish</p> <p>Butterfly start Butterfly finish</p> <p>Breastroke start</p>	<p>Crouching or standing dive One hand touching the wall</p> <p>Crouching or standing dive Two hands touching the wall</p> <p>Start in the pool, push off from the side and glide for three seconds before beginning stroke</p> <p>Two hands touching the wall</p>	

	Breaststroke finish Backstroke start	Arms on the edge of the pool, feet pressed up against the side, push off of the wall (not too aggressively) and begin backstroke	
	Backstroke finish	One hand touching the wall	

Warm ups for this level	
Freestyle	50m kicking on front
	25m side swimming
	25m side roll onto front swimming
	50m freestyle
Backstroke	50m kicking on back- hands by side
	50m kicking on back- Arms behind head in rocketship/streamline position
	50m backstroke
Dolphin dives	Dolphin dives- Swimming along the bottom of the pool using butterfly leg action

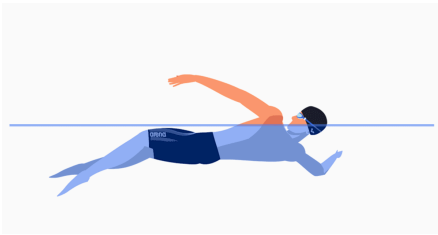
Level 7- Whai-Stingray- Learning intentions

Will learn how to:

1. Swim 100m IM (Individual medley: butterfly, backstroke, breaststroke, freestyle)
2. Work on endurance in the water and drills
3. Tumble turns
4. Tread water for 1+ minutes

Lesson plans- Focus on Freestyle		
	Drill	How to:
Warm up/Introduction	100m kicking using flutter board	Students are to hold the flutter board at the end that is further away from them. Which means their arms are resting on the flutter board and head is out of the water.
	100m kicking using flutter board	Students are to hold the flutter board at the end that is closest to them. They are to kick with their faces in the water, breathing when they need to.
Main programme	50m streamline kicking	Kicking with arms in the streamline/rocketship position, when they need to take a breath they are to do one arm stroke and move head to the side to breathe as per normal and then keep going on with the kicking
	50m kicking on side with no flutter boards	<ol style="list-style-type: none">1. Left arm needs to be long and straight2. Help students get into the position of

		<p>being on their side</p> <ol style="list-style-type: none"> 3. Right arm needs to stay on the right hand side of their body 4. Right shoulder should be parallel to the roof. 5. Kicking as per normal just on their side <p>Then repeat this but leaning on the right arm- The students need to get used to leaning on both arms.</p>
	<p>50m freestyle</p> <p>50m freestyle arms (If you have pull buoys- if you don't then just do more freestyle)</p> <p>Repeat again</p>	<p>Using the pull buoys between their legs, and only doing their freestyle arms.</p>
Cool down	Dive- 1 length of freestyle	<p>Do a crouching or standing dive, one length of freestyle then get out of the pool and walk back. Can be repeated as many times as needed</p>
	100m free choice	<p>Can be a mixture of these strokes: Backstroke, breaststroke, butterfly, freestyle, dolphin dives</p>

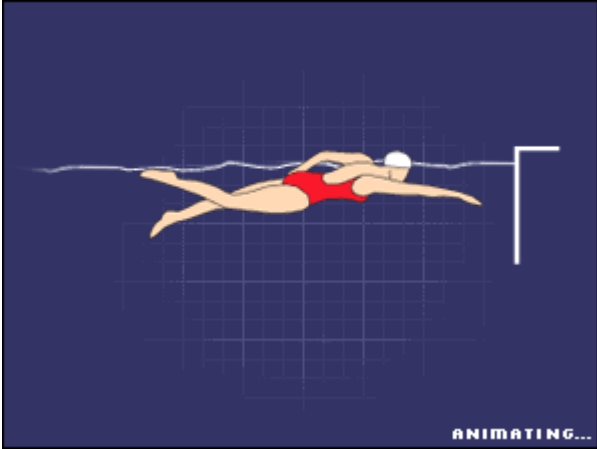
Lesson plans- Focus on Backstroke		
	Drill	How to:
Warm up/Introduction	100m kicking on back with arms behind head on top of the waters surface	
Main programme	100m backstroke (continuous windmill)	
	100m backstroke 1-4-1-4	1 back arm stroke- stop at the side of the body for 4 seconds. Next arm stroke- stop at the side of the body for 4 seconds. Repeat for 100m
	100m kicking on back with arms behind head on top of the waters surface	
	100m backstroke (continuous windmill)	
Cool down	Practice backstroke starts and finishes	
	100m free choice	Can be a mixture of these strokes: Backstroke, breaststroke, butterfly, freestyle, dolphin dives

Lesson plans- Focus on Breastroke		
	Drill	How to:
Warm up/Introduction	50m Breastroke kick	Using a flutter board: - Breaststroke kick then glide for 3 seconds before next kick
Main programme	50m breastroke 50m freestyle 50m breaststroke 50m freestyle 100m breastroke	
Cool down	Practice breaststroke starts and finishes	
	100m free choice	Can be a mixture of these strokes: Backstroke, breaststroke, butterfly, freestyle, dolphin dives

Lesson plans- Focus on Butterfly		
	Drill	How to:
Warm up/Introduction	100m Freestyle kick using flutter board	
Main programme	25m Butterfly kick on front with board 25m Butterfly kick on side- One hand holding flutter board, other hand on side 25m Butterfly kick on back- Arms behind head	

	25m Butterfly kick on the other side- one hand holding flutter board, other hand on side 25m full butterfly	
Cool down	Dive in- butterfly for half a length. Breaststroke for the other half	
	100m free choice	Can be a mixture of these strokes: Backstroke, breaststroke, butterfly, freestyle, dolphin dives

Lesson plans- Tumble turns and IM		
	Drill	How to:
Warm up/Introduction	Individual medley- 25m of each stroke 1st: Butterfly, 2nd: Backstroke, 3rd: Breaststroke, 4th: Freestyle	
Main programme	100m freestyle	
	25m rolling freestyle 25m free choice- To undizzy themselves! Repeat	Students are to do three arm strokes and then do a forwards roll in the water. They are to continue this for the whole length.
	Tumble turns- Before learning to do the tumble turn.	Students need to work out from the flags closest to the end of the lane (or a distance of about 1.5 metres marked by the teacher) how many arm strokes it takes them to reach the wall.

	<p>Tumble turns</p> 	<p>Students swim towards the wall from the flags or measured distance. Counting their strokes- they need to minus one stroke (so if it takes 4 to get to the wall they need to swim 3)</p> <p>When they get near the wall they do a forward roll. After the forward roll they push themselves off the wall with their feet and twist so they are back on their tummies.</p> <p>It is very common for students to panic or freak out that they are going to knock their heads on the wall- let them know that they just need to trust themselves and have a go. They can always practice from going straight into a roll and pushing off rather than swimming towards the wall.</p>
Cool down	Freestyle	<p>Dive off the side, swim freestyle to the end of the lane, tumble, turn at the end, glide for about 3 seconds then get out of the pool and walk back to where they started to do it again.</p>