



Lesson Groups and Objectives



Group Name	BEGINNERS	IMPROVERS	ISLAND	10 METRE	LANES I	LANES II	LANES III
Equipment	floats and floaters, sinkers, balls, weighted small round, hoops, big hoops	floats, sinkers, floating balls, weighted hoops	floats, bricks, sticks, 'D' diving hoop	floats, leg floats, bricks, 'D' diving hoop	floats, leg floats	floats, leg floats, clock board	floats, leg floats, clock board
Typical age range	4½-7	5-8	7-10	8-11	9-13	11-14	14-17
Max on register	12 (1-5 per teacher)	12	12	10	10	10	10
Focus of work Core Achievements	<p>Establish ability to enter and leave and walk in the pool unaided.</p> <p>Establish ability to push and glide.</p> <p>Establish awareness of breathing and confidence in recovery from face in water.</p> <p>Establish ability to swim with starter PC and BC arms and legs for 10m.</p> <p>Establish ability to submerge face and pickup objects from 0.75m deep.</p> <p>Introduce mushroom and star floats.</p>	<p>Establish component skills in arms, legs and breathing in BS, PC and BC.</p> <p>Establish confidence in ability to propel self through water on surface and under.</p> <p>Improve co-ordination and sculling.</p> <p>Introduce group / lesson behaviour.</p> <p>Establish ability to swim 4 x 6m widths nonstop in BS, FC and BC.</p> <p>Establish confidence to face deep-water work.</p> <p>Extend glides, mushroom and star floats.</p> <p>Establish all Level 1 skills + ready for Level 2.</p>	<p>Establish improved position plus co-ordination in arms, legs, body + breathing in BS, FC and BC.</p> <p>Introduce BF.</p> <p>Improve sculling.</p> <p>Establish longer floating positions and 360° turn.</p> <p>Introduce main do's and don'ts on safety and hygiene.</p> <p>Establish basic deep-water skills - dive, pencil and straddle and treading water.</p> <p>Establish all Level 2 skills.</p>	<p>Establish good co-ordination in BS FC plus BC. Establish basic BF.</p> <p>Establish basic survival techniques.</p> <p>Establish good sculling.</p> <p>Improve endurance and stamina in strokes.</p> <p>Improve dives and swimming underwater.</p> <p>Extend survival skills, including in clothes and HELP position.</p> <p>Establish all Level 3 and 4 skills.</p>	<p>Improve co-ordination and breathing, recovery and stroke in BS, FC and BC.</p> <p>Establish good BF.</p> <p>Establish basic turns.</p> <p>Continue endurance and stamina in strokes.</p> <p>Introduce medleys.</p> <p>Introduce Old English Backstroke</p> <p>Introduce racing dive and improve diving with good surface and deep dives.</p> <p>Ensure survival techniques are well-established.</p>	<p>Refine strokes, BS, FC and BC.</p> <p>Refine co-ordination in BF.</p> <p>Refine starts and turns.</p> <p>Stamina and distance development.</p> <p>Introduce timed swims and sprints.</p> <p>Introduce structured coaching sessions (introduce self-sufficiency).</p> <p>Establish relay-race behaviour.</p>	<p>Training for fitness and stroke development.</p> <p>Develop skills and techniques in BS, FC, BC and BP through sectioned work (arms and /legs. drills (part/full strokes)</p> <p>Establish personal goals and develop</p> <p>Endurance, speed, strength Instil sense of progression and adaptation.</p> <p>Encourage and signpost young people to life-saving</p> <p>Opportunities.</p>
Core standards testable in group	<p>Duckling 1</p> <p>Duckling 2</p> <p>Duckling 3</p> <p>Distance 5m</p> <p>Distance 10m</p>	<p>Skills 1/2</p> <p>(Brownies 1/Cubs 1)</p> <p>Distance 25m</p>	<p>Skills 2/3</p> <p>(Brownies 2 / Cubs 2)</p> <p>(should be able to achieve 100/200m Distance)</p>	<p>Skills 3/4</p> <p>(Brownies 3 / Cubs 3)</p> <p>(should be able to achieve 400m Distance)</p>	<p>Skills 5</p> <p>(Brownies 4 / Cubs 4)</p> <p>(Silver Swimming Challenge)</p> <p>(should be able to achieve good strokes for 1000m)</p>	<p>Skills 6</p> <p>(Scouts Interest Badge)</p> <p>(should be able to achieve good strokes for 1500-3000m)</p>	<p>Speed Awards (Gala) and personal times</p> <p>Encourage participation in lifesaving courses</p> <p>(should be able to achieve good strokes over 4000m)</p>