

# Sample Lesson Plan – First Session

Class:\_\_\_\_\_ Location:\_\_\_\_\_

Time:\_\_\_\_\_ Teacher:\_\_\_\_\_

TIME*	ITEM	ACTIVITY	EQUIPMENT	FORMATION
3 min.	Screening	Welcome, attendance, verbal screening - who is comfortable in shallow water? who is comfortable in deep water?	worksheets, PFDs	Meeting spot
5 min.	Entries	Follow the leader - enter and exit using ramps, stairs, ladders, pool edge, jumping feet first	PFDs	Line
5 min.	Getting Comfortable	Getting ears, nose, chin, face, head wet. Blowing bubbles.	PFDs	Circle
5 min.	Staying up	Try floating on back and front.	PFDs	Circle
11 min.	Propulsion	Arm movement - what works? Try sculling action, dog paddle action, breast stroke action on front and/or back	PFDs	Line
11 min.	Propulsion	Leg movement - what works? Try bicycle kick, flutter kick, whip kick on front and/or back	PFDs	Line

\*The time guidelines are recommendations only – instructors may increase/decrease Swim to Survive lesson times as required to meet the specific needs of the candidates or group. There are no minimum or maximum time limits.

Comments:

# Sample Lesson Plan - Mid session

Class:\_\_\_\_\_ Location:\_\_\_\_\_

Time:\_\_\_\_\_ Teacher:\_\_\_\_\_

TIME*	ITEM	ACTIVITY	EQUIPMENT	FORMATION
1 min.	Screening	Welcome, attendance	worksheets, PFDs	Meeting spot
4 min.	Entries	Roll entries: log, forward, backward, side (minimum water depth 2.5 m)	PFDs optional	Line
3 min.	Treading water	Sculling arm action and kick. 30 sec - 1 min.	PFDs optional	Circle
12 min.	Swim 50 m	Swim any way 25 - 50 m 3 times	PFDs optional	Circle
10 min.	Swim to Survive	Attempt sequence - roll, tread 1 minute, swim 25 m	PFDs optional	Circle
10 min.	Build Efficiency	10 - 15 m distances using drills from Handbook to build efficiency.	PFDs optional	Wave

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Comments:

# Sample Lesson Plan - End session

Class:\_\_\_\_\_ Location:\_\_\_\_\_

Time:\_\_\_\_\_ Teacher:\_\_\_\_\_

TIME*	ITEM	ACTIVITY	EQUIPMENT	FORMATION
1 min.	Screening	Welcome, attendance	worksheets, PFDs	Meeting spot
5 min.	Swim to Survive	Attempt standard - roll, tread 1 minute, swim 50 m	PFDs optional	Circle
3 min.	Entries	Roll entries: log, forward, backward, side (minimum water depth 2.5 m)	PFDs optional	Line
12 min.	Treading water	Sculling arm action and kick. 1 min. +	PFDs optional	Circle
9 min.	Build Efficiency	10 - 15 m distances using drills from Handbook to build efficiency and challenge.	PFDs optional	Wave
10 min.	Swim 50 m	Swim any way 50 m 3 times	PFDs optional	Circle

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Comments:

# Variations on the Standard

The following chart lists all of the ways to meet the Swim to Survive standard. Any combination of body position, arm and leg action will work in conjunction with others to reach the standard. This chart can be used in conjunction with the evaluation criteria (See Award Guide page - Item 1) to evaluate swimmers to determine if they have met the standard.

<b>TREADING WATER</b>	<b>BODY POSITION</b>	<b>ARM ACTION</b>	<b>LEG ACTION</b>
assisted unassisted	back float vertical body position	none dog paddle sculling finning breast stroke arms side stroke arms	none bicycle kick flutter kick whip kick scissor kick dolphin kick eggbeater

<b>SWIM 50 M</b>	<b>BODY POSITION</b>	<b>ARM ACTION</b>	<b>LEG ACTION</b>
assisted unassisted	back glide front glide side glide	none dog paddle sculling finning breast stroke arms side stroke arms elementary back arms back crawl arms front crawl arms	none bicycle kick flutter kick whip kick scissor kick dolphin kick eggbeater