Tadpoles 1 Red / Orange

Lesson	Aims and Objectives	Lesson Outline
1	Introduce leg kick	Kick on front / sitting on deck
	Move into a stretched floating position	Move into a stretched floating position using aids, equipment or support.
	Regain an upright position	Regain an upright position from on the front without support.
	Orientation game	Tag / pirate song / animal rescue
	Enter the water safely. Exit the water safely	10 in the bed roll over slide in
2	Introduce leg kick	Kick on back / sitting on deck
	Move into a stretched floating position on back	Move into a stretched floating position using aids, equipment or support.
	Regain an upright position from on the back	Move into a stretched floating position using aids, equipment or support.
	Float on back	Float on back / front with noodle
3	Front paddle 5m, with equipment.	Front paddle
	Move into a stretched floating position on front	Move into a stretched floating position using aids, equipment or support.
	Regain an upright position from on the front	Regain an upright position from on the front without support.
	Introduce aquatic breathing and arm action	Simon says face in water / submurge / splash
4	Back paddle 5m, with equipment.	Back paddle
	Move into a stretched floating position on back	Move into a stretched floating position using aids, equipment or support.
	Regain an upright position from on the back	Move into a stretched floating position using aids, equipment or support.
	Body position, bouyance	Startfish floats
5	Front paddle 5m	Attempt front paddle face in water, without equipment.
	Back paddle 5m	Attempt back paddle, without equipment.
	Introduce aquatic breathing	Simon says face in water / submurge / splash

Tadpoles 2 Yellow

Aims and Objectives	Lesson Outline
Develop front crawl kick	Kick on front / sitting on deck
Introduce over water arm action	Introduce over water arm action with floats
Develop aquatic breathing	Face in water, Blowing bubbles
Perform different floats each for 5 sec no bouyance aids	Buoyance activities to include a tuck float
Develop back crawl kick	Kick on back / sitting on deck
Introduce arm action	Introduce arm action using floats
Push and glide on back and front	Push and glide activities
Develop front crawl kick	Kick on front / sitting on deck
Introduce over water arm action	Introduce over water arm action with floats
Develop aquatic breathing	Face in water, Blowing bubbles
Maintain a streamline position, with face in water, whilst using a simultanious kick, for 5m	Push and Glide activities
Develop back crawl kick	Kick on back / sitting on deck
Introduce arm action	Introduce arm action using floats
Confidence in deep water, submerge, aquatic breathing	Jumping in
With woggle around waist kick using a circular leg motion, for 5m on back	Introduce breaststroke kick
Fully submerged to pick up an object.	Submersion game incorporating safety questions
Answer correctly 3 questions on water safety code.	

Tadpoles 3 Green / Blue

Aims and Objectives	Lesson Outline	Lesson
Develop FC and streamlining	Develop over water arm action	1
Swim 15m front crawl (asa standard).	Introduce unilateral breathing	
Travel on the front and roll in one continuous movement onto back. (Log Roll)	Log rolls	
Travel on the back and roll in one continuous movement onto front. (Log Roll)		
Develop BC		2
Swim 15m backstroke (asa standard).	Develop arm action	
Travel on the front, tuck to rotate around the horizontal axis and return on the back.	Rotation activities	
Develop BS kick		3
Kick 10 metres breaststroke on the back (one item of equipment optional).	Develop BS kick	
Kick 10 metres breaststroke on the front (one item of equipment optional).	Demonstrate breaststroke arm action on its own without kick	
Perform on the back, a head first skulling action for 5 metres in a horizontal position.	Sculling activities	
Introduce BF undulation	Introduce BF kick	4
Kick 10 metres butterfly on the front or on the back	Introduce BF undulation	
With floation aids, float on back on for 3sec, tuck and rotate to float on front, for 3sec. Then tuck and rotate on to back again	Rotation activities to include tuck	
Strengthen weak areas	Teachers choice	5
Log rolls	Push and glide including Log rolls	

Marlins - White

Lesson	Aims and Objectives	Lesson Outline
1	Swim 25 metres front crawl with regular breathing pattern. Tread water for 30 seconds, to be performed out of the depth. Demonstrate an action for getting help.	Develop FC Introduce unilateral breathing Treading water
2	Swim 25 metres backstroke. Perform a feet first skulling action for 5 metres on the back. Perform a skulling sequence for 30 seconds to include a rotation.	Develop backstroke Arms and legs Sculling activities
3	Swim 15 metres breaststroke with noodle Perform a handstand for a minimum of 3 seconds. Perform a forward somersault, tucked in the water.	Develop BS KICK Introduce BS arms Rotation activities to include tuck
4	Demonstrate butterfly arm action while standing Perform 3 different shaped jumps into the water. Retrieve a brick from the bottom of the pool.	Develop BF KICK Introduce arms Fun activities
5	Strengthen weak areas Sculling activities	Teachers choice Sculling activities

Barracudas - Black

Lesson	Aims and Objectives	Lesson Outline
1	Swim front crawl to include at least 6 rhythmical breaths. swim 50m front crawl Perform a sitting dive Tread water demonstrating at 2 differing leg kicks actions	Develop FC Introduce uni and bi lateral breathing Deep water activities
2	Swim 50m back stroke Push off underwater on front, glide, kick and rotate into backstroke.	Develop BC Push and glide activities to include log roll
3	Swim breaststroke to include at least six rhythmical breaths. Swim 25m breast stroke Swim underwater BS arms through hoop	Develop BS legs and arms Swim underwater BS arms through hoop
4	Swim butterfly to include at least three rhythmical breaths. Swim 15m butterfly Push off underwater on side, glide, kick and rotate into front crawl.	Develop BF kick Develop BF arms Develop underwater start.
5	Strengthen weak areas Turns	Teachers choice Turns