

wk	INTRODUCTION	Main Theme	Contrasting Activity
1	Assessment / Grouping / Intro to school swimming FUNdamentals		
2	Assessment / Grouping / Intro to school swimming FUNdamentals		
3	FUNdamental skills / games	Floating and Rotation including movement	FUNdamental skills / games
4	FUNdamental skills / games	Deep water	Intro to treading water
5	FUNdamental skills / games	Travelling F & B	Jump in
6	FUNdamental skills / games	Deep water	Submerging
<b>STAR FISH / CLIMB OUT / 5 METRES</b>			
7	FUNdamental skills / games	Travelling F & B	Rotation
8	FUNdamental skills / games	Intro to arms (backstroke)	Intro to breaststroke leg action
9	Jump in	Stamina work	Intro to dolphin kick
10	FUNdamental skills / games	Recognised stroke focus on breathing whilst moving	Treading water
11	Drown Prevention / Safe Self Rescue - with aids if required		
12	FUNdamental skills / games	Recognised stroke	Intro to log rolls
<b>10 METRES</b>			
13	Team activities	Front and back travel	Intro to HELP position
14	Submerging games	Deep water	Scenerio based games
15	Log rolls	Stamina work	Submerging games
16	Push & glide with movement	Breaststroke	Treading water
17	Team activites	Back stroke	Sequence of 3 floats
18	Dolphin kick	Front crawl	Prepare for water safety challenge
<b>25 METRES / 3 SAFETY Q'S / RECOGNISED STROKE</b>			
19	Team activites	Instructor led	Jump in
20	Push & glide with rotation	Instructor led	Surface dive
21	Team Activites	Instructor led	Sculling
22	Drown Prevention / Safe Self Rescue - PJ'S		
23	Instructor led	Instructor led	Instructor led
24	Instructor led	Instructor led	Instructor led
<b>WATER SAFETY CHALLENGE - JUMP/FALL - REGAIN UPRIGHT - FLOAT ON BACK - REGAIN UPRIGHT - SWIM TO SIDE - CLIMB OUT</b>			