**Overview for a series of lessons**

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| **About the overview of lessons** |
| Number of participants | 8 | Learn to Swim Level/Ability |  IMPROVER 1 |
| Are there any participants with special educational needs and disabilities (SEND) within your lessons? If yes please detail |  N/A |
| Lesson number |  | Lesson Aim | Lesson Activity |
| 1 |  Skill | 1. Improve buoyance
2. Improve streamlined body position on both strokes
3. Improve side breathing on front crawl
 | 1. Practice floatation on Y & I position transitioning from one to the other.
2. Front kick, arms extended holding a floatboard. Back kick holding the board against the chest.
3. Front kick holding the float, every 6 kicks arm out to breath to the side.
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|  Stroke | * Front crawl body position and breathing
* Back Crawl leg action
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| 2 | Skill | 1. Improve shoulders and hips rotation
2. Improve BC head steadiness
3. Improve front crawl start
4. Improve front crawl hand catch
 | 1. P & G on the front 180º rotation every 10 kicks / 360º rotation kick.
2. Sculling with vertical flutter.
3. P & G 4 dolphin kick strokes transition to flutter kick and FC arm action.
4. Doggy paddle
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| Stroke | * Back crawl body position
* Front crawl arm action
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| 3 | Skill | 1. Improve back crawl arm movement
2. Improve breaststroke arms
3. Improve breaststroke legs
 | 1. Single arm stroke.
2. Breaststroke arms with flutter kick.
3. Breaststroke kicks with a floatboard / Sculling with breaststroke kick.
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| Stroke | * Back crawl arm action
* Breaststroke leg action
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| 4 | Skill | 1. Reinforce the legs and arms action on breaststroke
2. Introduce Butterfly kick and body undulation
 | 1. P & G with noodle into breaststroke legs and breaststroke arms action.
2. Body dolphin arms by side / wiggly worms
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| Stroke | * Breaststroke arm/leg action
* Butterfly leg action
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| 5 | Skill | 1. Introduce butterfly arms
2. Introduce front crawl turn
3. Improve full front crawl stroke
 | 1. Hand stands / duck dive / BF arm action with flutter kick.
2. Mushroom float & tumble turn / 2 BS arm lead into tumble.
3. Front kick holding the float, every 6 kicks arm out to breath to the side.
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| Stroke | * Butterfly arm action
* Front crawl breathing
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| 6 | Skill | 1. Practice full strokes
2. Introduce sitting dive
3. Improve front crawl turn
 | 1. 25m each stroke resting in between the strokes.
2. Diving retrieving a sinker 5m from then pool edge counting the dolphin kicks.
3. Tumble turn sculling hands / Swim and tumble close to the wall.
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| Stroke | * Front crawl timing
* Back crawl timing
* Breaststroke timing
* Butterfly timing
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| Tutor Feedback |
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