**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. |
| Stroke | | * Front crawl body position and breathing * Back Crawl leg action | | |  |
| 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 |
| Stroke | | * Back crawl body position * Front crawl arm action | | |  |
| 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. |
| Stroke | | * Back crawl arm action * Breaststroke leg action | | |  |
| 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 |
| Stroke | | * Breaststroke arm/leg action * Butterfly leg action | | |  |
| 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. |
| Stroke | | * Butterfly arm action * Front crawl breathing | | |  |
| 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. |
| Stroke | | * Front crawl timing * Back crawl timing * Breaststroke timing * Butterfly timing | | |  |

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| Tutor Feedback |
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