



Beginner Swim Lesson

Class Day:
Class Time:

Instructor:

Beginner Lessons: Front Glides and Front Crawl

- Shoulders in the water
- Hands out in front of you
- Put your face down
- Push off to me
- We're doing this 3 times
- Streamline and then do 3 front crawl strokes

Say those words in order to get the best results. This is important because if they do not start with their body at the water line, they will JUMP for you and lead to them sinking farther underwater than is necessary.

Everyone does the activity 3 times. Have each child go once, then start over.

We start with streamline so they can do the front glide first, and then add the arms. This puts it together for the swimmer and connects the two activities



Streamlines or Front Glides. Should do this every time.

Beginner Back Glides and Back Stroke

- Kneel down; put shoulders in the water
- Tilt your head back
- Push off to me
- Look at ceiling
- These are the exact words you should use for Back Glides and Back stroke. If they don't start with their shoulders in the water, they'll fall underwater

when they push off the wall/bench.

Have them keep their hands by their side, and support their head. Do not support the body.

Today's Lesson:

Underwater	2 mins
Front Glides	5 mins
Front Crawl	5 mins
Back Glides	5 mins
Back Crawl	5 mins
Game to go underwater	5 mins
Jumps from the side	3 mins

Special Point of Interest:

- Give commands
- Avoid saying "okay"
- Give feedback every time a child does an activity
- Volume! Do many of each activity quickly
- Adjust your feedback for each child
- Demonstrate!!!!
- Go underwater yourself

Pre Written Swim Lesson Plans

Phyl Mulholland



Pre Written Swim Lesson Plans:

101 Swimming Lesson Plans For Swimming Teachers Mark Young, 2024-05-07 Careful and detailed planning is essential for delivering practical results based swimming lessons This book takes the hard work out of lesson planning for swimming teachers by providing 101 swimming lesson plans covering all aspects of swimming Discover swimming lesson plans for beginners that include every lesson from first entering the pool and building confidence to swimming in deep water In addition swimming lesson plans written explicitly for adults cover their every need from gaining confidence to learning basic strokes Ensure progress with sequenced lesson plans for each part of front crawl backstroke breaststroke and butterfly aimed at beginner intermediate and advanced swimmers Each lesson plan also has an assessment grid so that you can monitor and measure the progress of each of your swimmers quickly and easily These pre made 30 minute swimming lesson plans are ready to go leaving you to focus on the individuals in your classes and fine tune your practice as a successful swimming teacher 101 Swimming lesson plans for swimming teachers that make a difference

How To Be A Swimming Teacher Mark Young, 2024-05-06 Teaching swimming is one of the best jobs in the world Giving adults and children one of the most important life skills is challenging hugely rewarding and great fun all at the same time How To Be A Swimming Teacher gives you everything you need Discover the essential qualities that make an outstanding swimming teacher the equipment needed to teach effective swimming lessons how to teach the all important basics such as floating breathing and submerging how to plan and prepare swimming lessons that get results why teaching adults is different and how to approach it a detailed breakdown of all four basic swimming strokes over 80 fully illustrated swimming exercises containing diagrams teaching points and common mistakes Plus many more tools to help you master your profession and deliver outstanding swimming lessons

"1, 2, 3 Swim!" Phyl Mulholland, Lesson Plans in Fourth Grade History M. Annie Grace, Emma C. Monroe, 1917

Dph Sports Series-Swimming H.C. Dubey, 1999 In developing countries sports development cooperation is still in the need of justification and steadfast arguments Many people ask the question why invest in sports in developing countries for which water supply health service and agriculture projects are much better suited An apt reply to this question may be for many of the people of a developing country Sports is the only Sweaty Leisure time activity Sports represents a moment of joy in the midst of hard poverty stricken and dirty everyday life Doing sports even makes one's work go more smoothly the next day

Contents Introduction Swimming as a Sport Principles of Training Teaching Techniques Preseason Planning Early Season Planning The Back Crawl The Front Crawl The Breaststroke Rules and Regulations

Developing Young Writers in the Classroom Gail Loane, 2016-10-04 Educators want young people to grow up knowing that writing is an important and deeply satisfying life skill one that helps them make more sense of themselves and their world and one that helps them to communicate effectively Sadly too often writing becomes merely an exercise in getting words right or writing to teacher prescribed tasks Developing Young Writers in the Classroom explores the principles of developing literacy through

authorship allowing children to describe question and celebrate their own experiences and personal creativity The book offers detailed guidance supported by planning documents poetry and prose examples of children s work and stimulating visuals Inspiring topics explored include creating a classroom environment which supports an independent writer students lives brought into the classroom finding significance in our experiences the use of memoir for recording experiences description in all kinds of writing choosing and writing about a character writing in all curriculum areas linking reading and writing using other authors as mentors and teachers collaborative learning Illustrated throughout with accessible activities and ideas from literature and poetry Developing Young Writers in the Classroom is an essential resource for all teachers wishing to inspire writing in the classroom *Assessments and Activities for Teaching Swimming* Lepore, Monica, Columna, Luis, Friedlander, Lauren, 2015-02-27 Swimming is a widely popular sport and activity with great health related fitness benefits Yet a significant percentage of children are unable to swim with any degree of skill meaning not only are they missing out on health benefits but they also are at risk when in water Part of that risk comes from receiving either no instruction or no differentiated instruction Children receiving swimming lessons are commonly grouped by age or grade and many lack the basic skills required for their age levels *Natural Born Swimmers* Katerina Hamsikova, 2024-08-16 The ultimate swimming guide for parents to be Look forward to the experience of childbirth Learn how to manage and work with labour pain which is the biggest fear for most of the mothers to be It will teach you how to use it as your helper not an enemy It will give you a new perspective of imagining a childbirth followed by baby and pre school swimming programs and exercises at home and swimming pool These are based on games so your child doesn t even think that he she is learning swimming techniques and will just have fun This is a new philosophy of swimming Mentoring in Physical Education Mick Mawer, 2002-11 A detailed study of all aspects of mentoring in PE The views of teachers in the UK Australia and the USA are combined to discuss issues such as the need of PE mentors in schools planning mentor training programmes and trainees experiences of mentoring **Service-Learning in Physical Education and Other Related Professions: A Global Perspective** Marybeth P. Miller, James D. Nendel, 2010-01-12 The study and application of service learning as a pedagogy has become widespread Service Learning in Physical Education and Other Related Professions A Global Perspective demonstrates how faculty in physical education and other related professions have designed implemented assessed and conducted action research involving service learning as a teaching and learning method both locally and globally as a means of both serving the community and enriching the lives of their students This text is broken down into three parts Part I provides a definition of service learning examines the parameters that have been explored in physical education and higher education in general and the integration of standards to ensure high quality service learning Part II focuses on the pedagogical frameworks in which service learning thrives and explores how the model specifically meets national standards and best practices It also explores the emerging role of research as a measurement tool of the effectiveness of service

learning Part III explores a variety of programs from around the globe that utilize service learning in their pedagogical framework and provides the nuts and bolts of what they have done and their accomplishments

The Top Books of the Year Pre Written Swim Lesson Plans The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Pre Written Swim Lesson Plans : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Pre Written Swim Lesson Plans : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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