|       |  | Non-swimmers  | Beginners  | Improver  | Advanced  |
|-------|--|---|--|---|---|
| Weeks | Lesson Overview  | Bucks 1 - 3   | Bucks 3 - 4  | Bucks 4 - 6   | Bucks 5 - 7   |
|       | CAS  |   |  |   |   |
|       | Main Activity  | Assessment Lesson (please   | Assessment Lesson (please  | Assessment Lesson (please   | Assessment Lesson (please   |
|       | Contrast   | follow the plan provided  | follow the plan provided   | follow the plan provided  | follow the plan provided  |
|       | Water Safety   | and group pupils  | and group pupils   | and group pupils  | and group pupils  |
|       | Plenary  | accordingly)  | accordingly)<br>Swim England - Best Prac   | accordingly)  | accordingly)  |
|       |  |   |  |   |   |
| 1     | Supporting Links   |   | Swim England - Best Pr<br>Swim England - Best Pract  |   |   |
|       | CAS  | Entries and exits   | Entries and exits  | Entries and Exits   | Entries and Exits   |
|       | Main Activity  | Frontcrawl  | Frontcrawl   | Backstroke  | Breaststroke  |
|       | Contrast   | Water Safety - Floating   | Captain's Coming   | Captain's Coming  | Survival Strokes  |
|       | Water Safety   | Float to Live<br>Pool Rules   | Float 2 Live<br>Pool Rules   | Flag Game<br>Pool Rules   | Entries and Exits<br>Exit Ticket  |
|       | Plenary  | RNLI Float to Live  | RNLI Float to Live   | RNLI Keeping Beaches Safe   | Head Up Front Crawl   |
|       |  | Mushroom Float Video  | KINEL FIGHT TO LIVE  | KINLI KEEDIIIg Deaches Sale   | How to do an egg beater<br>kick   |
|       |  | Pencil Float Video  |  |   | Straddle entry  |
| _     |  | HELP Position Video   |  |   |   |
| 2     | Supporting Links   | HUDDLE Video  |  |   |   |
|       | CAS<br>Main Activity   | Travel and Coordination<br>Frontcrawl   | Aquatic Breathing<br>Frontcrawl  | Streamlining<br>Frontcrawl  | Travel and Coordination<br>Breaststroke   |
|       |  | Floating (aided and   | TORCIAWI   | TORCIAWI  | Diedststioke  |
|       | Contrast   | unaided)  | Hungry Hippos  | Dolphin Kick  | Tumble Turns  |
|       |  |   |  | Simon Says (HELP and  |   |
|       | Water Safety   | Simon Says  | Floating Letters   | HUDDLE)   | Towing Games  |
|       | Plenary  | Q&A - How have yo moved today?  | Key Term Description   | Q&A - Kinaesthetic<br>Awareness   | Charades  |
|       | Fieldiy  | touay:  | Rey Territ Description   | Awareness   | Charactes   |
|       |  | Captain's Coming  |  | <u>How to swim dolphin kick</u>   | <u>Somersault</u>   |
| h     | Currentine Links   |   |  |   | Tumble Turns  |
| 3     | Supporting Links   | Ducus and Delegas   | Ducus and Delence  | Travel and Coordination   | Contact Tows Video  |
|       | CAS  | Buoyancy and Balance  | Buoyancy and Balance   | Travel and Coordination   | Water Safety #1 BSSP Assessment   |
|       |  |   |  |   | Outcomes and Rookie   |
|       |  |   |  |   | Lifeguard Bronze  |
|       | Main Activity  | Frontcrawl  | Backstroke   | Breaststroke  | Challenges  |
|       | Contrast   | Wet Gymnastics  | Wet Gymastics  | Wet Gymnastics  | Wet Gymnastics<br>Scenarios (discussion   |
|       | Water Safety   | Cold Water Shock  | Simon Says   | Treading Water  | based)  |
|       |  | Q&A - How would you   | ·  |   |   |
|       | Plenary  | descrcibe how to float?   | Q&A - Regaining Standing   | Bodies of Water   | Q&A - Water Safety  |
|       | Supporting Links   | What to do (Cold Water  |  | How to do an egg beater   |   |
| 4     | Supporting Links   | Choole)   |  | kiek  | Depleie Lifeguard Stages  |
|       |  | Shock)  | Batation and Orientation   | kick  | Rookie Lifeguard Stages   |
|       | CAS  | Aquatic Breathing   | Rotation and Orientation   | Aquatic breathing   | Rotation and Orientation  |
|       |  | Aquatic Breathing<br>Frontcrawl   | Breaststroke   | Aquatic breathing<br>Breaststroke   | Rotation and Orientation<br>Backstroke  |
|       | CAS<br>Main Activity   | Aquatic Breathing   |  | Aquatic breathing   | Rotation and Orientation  |
|       | CAS<br>Main Activity<br>Contrast   | Aquatic Breathing<br>Frontcrawl<br>Wet Gymnastics   | Breaststroke<br>Wet Gymastics  | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics   | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics  |
|       | CAS<br>Main Activity<br>Contrast<br>Water Safety   | Aquatic Breathing<br>Frontcrawl<br>Wet Gymnastics<br>HELP and HUDDLE<br>Exit Ticket   | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades<br>How to do an egg beater  | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion  | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers  |
| E     | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary  | Aquatic Breathing Frontcrawl Wet Gymnastics HELP and HUDDLE Exit Ticket HELP Position Video   | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades   | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion  | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades  |
| 5     | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links  | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video  | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades<br><u>How to do an egg beater</u><br><u>kick</u>  | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water  | Rotation and Orientation         Backstroke         Wet Gymnastics         Submersion and sinkers         Charades         Backstroke Turn  |
| 5     | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS   | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1  | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades<br>How to do an egg beater  | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion  | Rotation and Orientation         Backstroke         Wet Gymnastics         Submersion and sinkers         Charades         Backstroke Turn         Water Safety #2  |
| 5     | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links  | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video  | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades<br><u>How to do an egg beater</u><br><u>kick</u><br>Water Safety #1   | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water  | Rotation and Orientation         Backstroke         Wet Gymnastics         Submersion and sinkers         Charades         Backstroke Turn  |
| 5     | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity  | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket <u>HELP Position Video</u> <u>HUDDLE Video</u> Water Safety #1         Self-Rescue  | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades<br><u>How to do an egg beater<br/>kick</u><br>Water Safety #1<br>Personal Survival Scenario   | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1   | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard   |
| 5     | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast  | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1         Self-Rescue         Floating   | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades<br><u>How to do an egg beater</u><br><u>kick</u><br>Water Safety #1<br>Personal Survival Scenario<br>Water polo   | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming   | Rotation and Orientation         Backstroke         Wet Gymnastics         Submersion and sinkers         Charades         Backstroke Turn         Water Safety #2         Bronze Rookie Lifeguard         Butterfly Stroke   |
| 5     | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety  | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1         Self-Rescue         Floating         Simon Says  | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades<br><u>How to do an egg beater</u><br><u>kick</u><br>Water Safety #1<br>Personal Survival Scenario<br>Water polo<br>Spot the Dangers<br>Q&A - Bodies of Water<br><u>Spot the Dangers</u>   | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety  | Rotation and Orientation         Backstroke         Wet Gymnastics         Submersion and sinkers         Charades         Backstroke Turn         Water Safety #2         Bronze Rookie Lifeguard         Butterfly Stroke         HELP and HUDDLE   |
| 5     | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety  | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers   | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades<br><u>How to do an egg beater<br/>kick</u><br>Water Safety #1<br>Personal Survival Scenario<br>Water polo<br>Spot the Dangers<br>Q&A - Bodies of Water<br><u>Spot the Dangers</u><br><u>RNLI Youth Education</u>  | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie  | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety<br>Life Saving Backstroke  |
| 5     | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety  | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers   | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades<br><u>How to do an egg beater</u><br><u>kick</u><br>Water Safety #1<br>Personal Survival Scenario<br>Water polo<br>Spot the Dangers<br>Q&A - Bodies of Water<br><u>Spot the Dangers</u>   | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie<br>Lifeguard programme   | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety  |
| 5     | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety  | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers   | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades<br><u>How to do an egg beater<br/>kick</u><br>Water Safety #1<br>Personal Survival Scenario<br>Water polo<br>Spot the Dangers<br>Q&A - Bodies of Water<br><u>Spot the Dangers</u><br><u>RNLI Youth Education</u>  | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie  | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety<br>Life Saving Backstroke  |
| 5     | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links   | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket <u>HELP Position Video</u> <u>HUDDLE Video</u> Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers   | Breaststroke         Wet Gymastics         Egg beater kick         Charades         How to do an egg beater kick         Water Safety #1         Personal Survival Scenario         Water polo         Spot the Dangers         Q&A - Bodies of Water         Spot the Dangers         RNLI Youth Education         Activity Posters   | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie<br>Lifeguard programme<br>VWSC - Life Saving<br>Backstroke<br>Straddle entries   | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety<br>Life Saving Backstroke<br>Rookie Lifeguard Stages   |
|       | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary   | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers   | Breaststroke<br>Wet Gymastics<br>Egg beater kick<br>Charades<br><u>How to do an egg beater<br/>kick</u><br>Water Safety #1<br>Personal Survival Scenario<br>Water polo<br>Spot the Dangers<br>Q&A - Bodies of Water<br><u>Spot the Dangers</u><br><u>RNLI Youth Education</u>  | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie<br>Lifeguard programme<br>VWSC - Life Saving<br>Backstroke   | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety<br>Life Saving Backstroke<br>Rookie Lifeguard Stages<br>Water Safety #3  |
|       | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links   | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket <u>HELP Position Video</u> <u>HUDDLE Video</u> Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers   | Breaststroke         Wet Gymastics         Egg beater kick         Charades         How to do an egg beater kick         Water Safety #1         Personal Survival Scenario         Water polo         Spot the Dangers         Q&A - Bodies of Water         Spot the Dangers         RNLI Youth Education         Activity Posters   | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie<br>Lifeguard programme<br>VWSC - Life Saving<br>Backstroke<br>Straddle entries   | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety<br>Life Saving Backstroke<br>Rookie Lifeguard Stages<br>Water Safety #3<br>BSSP Assessment   |
|       | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links   | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket <u>HELP Position Video</u> <u>HUDDLE Video</u> Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers   | Breaststroke         Wet Gymastics         Egg beater kick         Charades         How to do an egg beater kick         Water Safety #1         Personal Survival Scenario         Water polo         Spot the Dangers         Q&A - Bodies of Water         Spot the Dangers         RNLI Youth Education         Activity Posters   | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie<br>Lifeguard programme<br>VWSC - Life Saving<br>Backstroke<br>Straddle entries   | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety<br>Life Saving Backstroke<br>Rookie Lifeguard Stages<br>Water Safety #3<br>BSSP Assessment<br>Outcomes and Rookie  |
|       | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links   | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket <u>HELP Position Video</u> <u>HUDDLE Video</u> Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers   | Breaststroke         Wet Gymastics         Egg beater kick         Charades         How to do an egg beater kick         Water Safety #1         Personal Survival Scenario         Water polo         Spot the Dangers         Q&A - Bodies of Water         Spot the Dangers         RNLI Youth Education         Activity Posters   | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie<br>Lifeguard programme<br>VWSC - Life Saving<br>Backstroke<br>Straddle entries   | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety<br>Life Saving Backstroke<br>Rookie Lifeguard Stages<br>Water Safety #3<br>BSSP Assessment   |
|       | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast                 | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers         Spot the Dangers         Water Safety #2  | Breaststroke         Wet Gymastics         Egg beater kick         Charades         How to do an egg beater kick         Kick         Water Safety #1         Personal Survival Scenario         Water polo         Spot the Dangers         Q&A - Bodies of Water         Spot the Dangers         RNLI Youth Education         Activity Posters         Water Safety #2         Personal Survival Exercises         Flag Game          | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie<br>Lifeguard programme<br>VWSC - Life Saving<br>Backstroke<br>Straddle entries<br>Water Safety #2                            | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety<br>Life Saving Backstroke<br>Rookie Lifeguard Stages<br>Water Safety #3<br>BSSP Assessment<br>Outcomes and Rookie<br>Lifeguard Bronze<br>Challenges<br>Mini Polo Activities  |
|       | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity                             | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers         Spot the Dangers         Water Safety #2         Personal Survial Scenario         Entries and exits  | Breaststroke         Wet Gymastics         Egg beater kick         Charades         How to do an egg beater         kick         Water Safety #1         Personal Survival Scenario         Water polo         Spot the Dangers         Q&A - Bodies of Water         Spot the Dangers         RNLI Youth Education         Activity Posters         Water Safety #2         Personal Survival Exercises                                 | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie<br>Lifeguard programme<br>VWSC - Life Saving<br>Backstroke<br>Straddle entries<br>Water Safety #2                            | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety<br>Life Saving Backstroke<br>Rookie Lifeguard Stages<br>Water Safety #3<br>BSSP Assessment<br>Outcomes and Rookie<br>Lifeguard Bronze<br>Challenges  |
|       | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast                 | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers         Spot the Dangers         Vater Safety #2         Personal Survial Scenario         Entries and exits         Demonstrate an                                     | Breaststroke         Wet Gymastics         Egg beater kick         Charades         How to do an egg beater kick         Kick         Water Safety #1         Personal Survival Scenario         Water polo         Spot the Dangers         Q&A - Bodies of Water         Spot the Dangers         RNLI Youth Education         Activity Posters         Water Safety #2         Personal Survival Exercises         Flag Game          | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie<br>Lifeguard programme<br>VWSC - Life Saving<br>Backstroke<br>Straddle entries<br>Water Safety #2                            | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety<br>Life Saving Backstroke<br>Rookie Lifeguard Stages<br>Water Safety #3<br>BSSP Assessment<br>Outcomes and Rookie<br>Lifeguard Bronze<br>Challenges<br>Mini Polo Activities<br>Q&A - Water Safety  |
|       | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers         Spot the Dangers         Spot the Dangers         Personal Survial Scenario         Entries and exits         Demonstrate an         understanding of the Water | Breaststroke         Wet Gymastics         Egg beater kick         Charades         How to do an egg beater kick         Kick         Water Safety #1         Personal Survival Scenario         Water polo         Spot the Dangers         Q&A - Bodies of Water         Spot the Dangers         RNLI Youth Education         Activity Posters         Water Safety #2         Personal Survival Exercises         Flag Game          | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie<br>Lifeguard programme<br>VWSC - Life Saving<br>Backstroke<br>Straddle entries<br>Water Safety #2<br>Bronze Rookie Lifeguard | Rotation and Orientation         Backstroke         Wet Gymnastics         Submersion and sinkers         Charades         Backstroke Turn         Water Safety #2         Bronze Rookie Lifeguard         Butterfly Stroke         HELP and HUDDLE         Q&A - Water Safety         Life Saving Backstroke         Rookie Lifeguard Stages         Water Safety #3         BSSP Assessment         Outcomes and Rookie         Lifeguard Bronze         Challenges         Mini Polo Activities         Q&A - Water Safety |
|       | CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast<br>Water Safety<br>Plenary<br>Supporting Links<br>CAS<br>Main Activity<br>Contrast                 | Aquatic Breathing         Frontcrawl         Wet Gymnastics         HELP and HUDDLE         Exit Ticket         HELP Position Video         HUDDLE Video         Water Safety #1         Self-Rescue         Floating         Simon Says         Spot the Dangers         Spot the Dangers         Vater Safety #2         Personal Survial Scenario         Entries and exits         Demonstrate an                                     | Breaststroke         Wet Gymastics         Egg beater kick         Charades         How to do an egg beater<br>kick         Water Safety #1         Personal Survival Scenario         Water polo         Spot the Dangers         Q&A - Bodies of Water         Spot the Dangers         RNLI Youth Education<br>Activity Posters         Water Safety #2         Personal Survival Exercises         Flag Game         Bodies of Water | Aquatic breathing<br>Breaststroke<br>Wet Gymnastics<br>Flaoting and Submersion<br>Treading Water<br>Water Safety #1<br>Captain's Coming<br>Deep Water Safety<br>Straddle entries and exits<br>Water Safety<br>The stages of the Rookie<br>Lifeguard programme<br>VWSC - Life Saving<br>Backstroke<br>Straddle entries<br>Water Safety #2                            | Rotation and Orientation<br>Backstroke<br>Wet Gymnastics<br>Submersion and sinkers<br>Charades<br>Backstroke Turn<br>Water Safety #2<br>Bronze Rookie Lifeguard<br>Butterfly Stroke<br>HELP and HUDDLE<br>Q&A - Water Safety<br>Life Saving Backstroke<br>Rookie Lifeguard Stages<br>Water Safety #3<br>BSSP Assessment<br>Outcomes and Rookie<br>Lifeguard Bronze<br>Challenges<br>Mini Polo Activities<br>Q&A - Water Safety  |

|          |                       |                                 | RLSS Water Safety Advice                    | The stages of the Rookie<br>Lifeguard programme |   |
|----------|-----------------------|---------------------------------|---|---|---|
|          |                       |                                 |   | VWSC - Life Saving                              |   |
|          |                       |                                 | <b>RNLI Know your Flags</b>                 | Backstroke                                      |   |
| 7        | Supporting Links      |                                 | RLSS - Water Safety at the<br>Beach         | Straddle entries                                |   |
|          | CAS                   | Rotation and Orientation        | Streamlining                                | Aquatic breathing                               | Aquatic breathing                           |
|          | Main Activity         | Frontcrawl                      | Backstroke                                  | Frontcrawl                                      | Front Crawl                                 |
|          | Contrast              | Push and Glides                 | Streamlining                                | Surface Dives                                   | Dolphin Kick                                |
|          | Water Safety          | Floating Letters                | HELP and HUDDLE                             | Sculling  | Flag Game                                   |
|          |                       |                                 | Q&A - Kinaesthetic                          |   |   |
|          | Plenary               | Q&A - Bodies of Water           | Awareness                                   | Q&A - Knowledge Recall                          | Q&A - Flags                                 |
| 0        | Course antine a Links |                                 |   | Surface Dive Video                              | RNLI Keeping Beaches Safe                   |
| 8        | Supporting Links      |                                 |   | Sculling Video                                  |   |
|          | CAS                   | Buoyancy and Balance            | Rotation and Orientation                    | Rotation and Orientation                        | Buoyancy and Balance                        |
|          | Main Activity         | Backstroke                      | Backstroke                                  | Backstroke                                      | Backstroke                                  |
|          | Contract              | Mator Safaty                    | Handstands                                  | Dolphin Kick and<br>Introduction of Arm Action  | Dolphin Kick                                |
|          | Contrast              | Water Safety                    | Hanustanus                                  | HELP, HUDDLE and                                |   |
|          | Water Safety          | Shout and Signal                | Bodies of Water                             | exploration of Towing                           | Float to Live                               |
|          | Plenary               | Aquatic breathing games         | Charades                                    | Charades  | Student Reflection                          |
|          | Tiendry               | Aquatic breathing games         | How to Do a Handstand                       | How to swim dolphin kick                        | Vertical Dolphin Kick                       |
|          |                       |                                 | <u>TIOW to DO a Handstand</u>               |   | Enhancing Your Body                         |
|          |                       |                                 | Jumping In                                  | <b>HELP Position Video</b>                      | Undulation                                  |
|          |                       |                                 |   | HUDDLE Video                                    | RNLI Float to Live                          |
|          |                       |                                 |   | How to do a Basic Rescue                        |   |
| 9        | Supporting Links      |                                 |   | Contact Tows Video                              |   |
|          | CAS                   | Rotation and Orientation        | Travel and Coordination                     | Buoyancy and Balance                            | Rotation and Orientation                    |
|          | Main Activity         | Breaststroke                    | Breaststroke                                | Breaststroke                                    | Butterfly Stroke                            |
|          | Contrast              | Push and Glides                 | Sculling                                    | Mixed Stroke Development                        | Push and Glides                             |
|          |                       | How to enter different          | HELP, HUDDLE and                            | · · · · · · · · · · · · · · · · · · ·           |   |
|          | Water Safety          | bodies of water                 | exploring tows                              | Survival Strokes                                | Straddle entries                            |
|          | Plenary               | Top Tips                        | Q&A - Knowledge Recall                      | Q&A - Knowledge Recall                          | Top Tips                                    |
|          |                       |                                 |   | VWSC - Life Saving                              |   |
|          |                       |                                 | <u>Sculling Video</u>                       | <u>Backstroke</u>                               | Straddle Entries                            |
| 10       | Supporting Links      |                                 | Rescue Tows                                 | Head Up Front Crawl                             |   |
|          | CAS                   | Travel and Coordination         | Aquatic Breathing                           | Bouoyancy and Balance                           | Rotation and Orientation                    |
|          | Main Activity         | Backstroke                      | Frontcrawl                                  | Frontcrawl                                      | Front Crawl                                 |
|          | Contrast              | Flag Game                       | Sculling                                    | Skulling  | Tumble Turns                                |
|          | Water Safety          | Q&A                             | Cold Water Shock                            | Submersion and sinkers                          | Surface Dives                               |
|          | Plenary               | Water Safety at the Beach       | Bubbles Relay                               | Q&A   | Q&A   |
|          |                       | RLSS - Water Safety at the      | Coultry = V/C                               |   | Translate Trans                             |
|          |                       | <u>Beach</u>                    | Sculling Video                              |   | <u>Tumble Turns</u>                         |
| 11       | Supporting Links      |                                 | Sculling Train                              |   | Surface Dives                               |
| <u> </u> |                       |                                 | Cold Water Shock<br>Travel and Coordination |   |   |
|          | CAS<br>Main Activity  | Aquatic breathing<br>Frontcrawl | Breaststroke                                | Travel and Coordination<br>Backstroke           | Travel and Coordination<br>Butterfly Stroke |
|          |                       | FIOIILLIAWI                     | Submersion and retrieval of                 | DackStruke                                      |   |
|          | Contrast              | Water polo                      | items                                       | Dolphin Kick                                    | Water polo                                  |
|          | Water Safety          | Cold Water Shock                | Water polo                                  | Water Polo                                      | Sculling                                    |
|          |                       | Reflection on progress and      | Reflection on progress and                  | Reflection on progress and                      | Reflection on progress and                  |
|          | Plenary               | action planning                 | action planning                             | action planning                                 | action planning                             |
|          | ,                     | What to do (Cold Water          |   |   |   |
|          |                       | <u>Shock)</u>                   |   | How to swim dolphin kick                        | Sculling                                    |
| 12       | Supporting Links      |                                 |   | Vertical Dolphin Kick                           |   |
|          |                       |                                 |   |   |   |