



# SWIM & SURVIVE – STAGE 10

LESSON PLANS



**ROYAL LIFE SAVING**  
WESTERN AUSTRALIA







## STAGE 10 LESSON PLANS

This booklet consists of ten 40-minute lesson plans for the delivery of Swim and Survive Stage 10.

Stage 10 progresses all swim and survive strands, including underwater skills, survival and rescue skills and continues to refine all swimming strokes. These lesson plans provide students with the opportunity to attempt each skill at least three times. Teachers should be aware that continual assessment of skills is recommended, and that each lesson is broken down into a variety of activities to keep students engaged, interested and allow a smooth progression of each skill over the ten lessons.

While every class varies, these lesson plans provide a sound basis from which teachers can adapt their delivery to suit the individual needs and abilities of a class.

If adopted widely, these lesson plans provide teachers with a consistent framework and progression for teaching the skill requirements of Stage 10. This ensures continuity when lessons are covered by a relief or interim teacher.

It is important to note these lesson plans form part of a suite of resources for Swim and Survive Instructors. Their delivery should be accompanied by use of and an understanding of the following:

- Stage Certificates
- Class Administration Sheet
- Assessor Guide
- Online quizzes



# STAGE 10 - JUNIOR SWIM AND SURVIVE



ROYAL LIFE SAVING  
WESTERN AUSTRALIA



STRAND	LESSON									
	1	2	3	4	5	6	7	8	9	10
Entries & Exits										
Sculling & Body Orientation										
Underwater Skills										
Freestyle										
Breaststroke										
Backstroke										
Survival Backstroke										
Sidestroke										
Butterfly										
Continuous Swim										
Survival Skills										
Rescue Skills										

## STAGE 10 - JUNIOR SWIM AND SURVIVE

STRAND	ICON	DESCRIPTION
Entries & Exits		Shallow water entries and exits
Sculling & Body Orientation		Rotate about vertical & horizontal axis. Eggbeater kick with arms for support
Underwater Skills		Surface dive and recover object in 1.2m water. Swim underwater 4m
Swimming Strokes		100m Freestyle 50m Breaststroke 50m Backstroke 15m Butterfly
Survival Swimming Strokes		50m survival backstroke 50m sidestroke
Continuous Swim		Swim 100m (2 strokes)
Survival Skills		Survival swim wearing short length clothes – 50m freestyle, 50m survival. Float 2 minutes with aid. Safely use lifejacket (fit out of water, enter and float for 1 minute).
Rescue Skills		Reach rescue person 1m from safety. Initiative in assessment and rescue.

## LESSON PLAN - 1 | STAGE 10

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<b>Introduction:</b> <ol style="list-style-type: none"> <li>1. Learn names</li> <li>2. Establish safety rules</li> <li>3. Provide overview of Stage 10 and lesson</li> </ol>	Get to know the names of students. Set clear safety rules that meet the rules of the pool I.e. no diving in shallow end, no running.
15 Minutes	<b>Review of Stage 9:</b> <ol style="list-style-type: none"> <li>1. 50m freestyle</li> <li>2. 50m backstroke</li> <li>3. 50m breaststroke</li> <li>4. 50m freestyle</li> <li>5. 50m sidestroke</li> <li>6. 50m survival backstroke</li> </ol> 10m butterfly	Use this to assess competency of your class. Across all strokes, look for: <ul style="list-style-type: none"> <li>- Ability to swim continuously</li> <li>- Body position</li> <li>- Kick</li> <li>- Arm action</li> <li>- Breathing</li> </ul> NB: Some students may be unfit/have not swum for a while, let them stop if needed.
15 Minutes	<b>Freestyle:</b> <ol style="list-style-type: none"> <li>1. 2 x 25m freestyle kick with board</li> <li>2. 2 x 25m breathing arm only with board</li> <li>3. 2 x 25m both arms with board</li> </ol>	Alternate kicking from hips High elbow recovery, smooth head rotation.
	<b>Breaststroke:</b> <ol style="list-style-type: none"> <li>1. 2 x 25m breaststroke kick with board</li> <li>2. 2 x 25m two kick one pull</li> </ol>	Kick: Feet turned out, symmetrical kick. Arm action: Small arm pull Glide with arms extended forward.
5 Minutes	<b>Entries/Sculling &amp; Conclusion:</b> <ol style="list-style-type: none"> <li>1. Safe slide in entry for shallow water conditions</li> <li>2. Sculling game: scull whilst passing beach ball around</li> <li>3. Signalling for help whilst sculling</li> <li>4. Stirrup lift exit</li> </ol>	Feet feel underwater for obstacles. Sculling on back, hands inward and outward. Fist closed when signalling, arm above head. Cups hand against one knee, foot in stirrup and straighten leg.

### Equipment Required:

Kickboards (1 per student)  
 Beach ball (if available)

## LESSON PLAN - 2 | STAGE 10

TIME	ACTIVITY + SKILLS	TEACHING TIPS
10 Minutes	<b>Introduction:</b> 1. Roll call & reinforcement of safety rules 2. Overview of lesson plan 3. Emergency Drill	Venue supervisors will discuss and initiate emergency drill.
10 Minutes	<b>Freestyle:</b> 1. 2 x 50m kick with no board 2. 2 x 25m Freestyle	Alternate kicking from hips. High elbow recovery, smooth head rotation, breathe to side.
	<b>Breaststroke:</b> 1. 2 x 25m two kick one pull 2. 2 x 25m breaststroke extended glide 3. 2 x 50m breaststroke	Kick: Feet turned out, symmetrical kick. Arm action: Small arms. Glide with arms extended forward.
15 Minutes	<b>Backstroke:</b> 1. 2 x 25m backstroke kick no board 2. 2 x 25m six kick switch 3. 2 x 25m backstroke	Hips near surface, pointed toes. One arm leading, count six kicks, switch leading arm. Straight alternating arms, brush ear with arm.
	<b>Butterfly:</b> 1. 2 x 10m dolphin kick with board 2. 2 x 10m dolphin kick	Kick from hips, legs kick together. Arms extended forward, coming up to breathe when needed.
5 Minutes	<b>Discuss:</b> Risks associated with diving in shallow water  <b>Surface dive and recover object:</b> Scenario: You must swim under and away from a dangerous object and come up for air Surface dive, swim, recover object, kick back keeping it dry, rotate	Discuss safety, including: Importance of staying in a group Check environment before diving Signal for help.

### Equipment Required:

Noodle to 'swim under' in scenario  
 Sinky toy (if available)  
 Kickboard

## LESSON PLAN - 3 | STAGE 10

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<b>Introduction:</b> Roll call & reinforcement of safety rules Overview of lesson plan  <b>Revision:</b> Recover object from bottom of pool	Surface Dive
10 Minutes	<b>Backstroke:</b> 1. 2 x 25m backstroke kick with board 2. 2 x 25m six kick switch 3. 2 x 50m backstroke  <b>Freestyle:</b> 1. 2 x 25m freestyle, reaching arms out 2. 1 x 100m freestyle	Pointed toes, chin slightly forward. One arm leading, other by side, count six kicks, switch arm.  Streamlined body position, coordinated breathing with arm stroke.
15 Minutes	<b>Sidestroke:</b> 1. 2 x 10m sidestroke kick (noodles or boards) 2. 2 x 25m sidestroke  <b>Survival backstroke:</b> 1. 2 x 25m legs only (board) 2. 2 x 25m arms only 3. 1 x 50m survival backstroke	Noodles behind shoulders or boards, one in each hand. Pull leading arm to shoulder level, bring trailing arm up to shoulder. Push trailing arm to thigh, extend leading arm.  Head stationary, symmetrical kick. Reach out sideways, push down to thighs. Glide after each stroke.
10 Minutes	<b>Reach rescue:</b> Discuss a reach rescue. Q. What objects can be used? -In partners: one to call for help, other to complete reach rescue, secure hands at wall, swap  <b>Reminder:</b> Remember to bring clothes for survival swim next lesson	Other objects include umbrellas, sticks etc. Important for rescuer to talk: "Its going to be okay" "Grab onto this" Short length clothes: t-shirt and shorts

### Equipment Required:

Kickboards (1 per student)  
 Noodle/Kickboard or similar for reach rescue

## LESSON PLAN - 4 | STAGE 10

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<b>Introduction:</b> Roll call & reinforcement of safety rules Overview of lesson plan  <b>Revision:</b> Discuss talk rescue: what is it? Why is it important?	Give examples of talk rescue: "Float on your back" or "Kick to me".
10 Minutes	<b>Backstroke:</b> 1. 25m kick with board 2. 2 x 25m with extended glide 3. 1 x 50m breaststroke  <b>Survival Backstroke:</b> 1. 2 x 25m legs only with board 2. 1 x 50m survival backstroke	Kick: Feet turned out, symmetrical kick. Arm action: Small arms. Glide with arms extended forward.  Arms & legs to come together at end of each stroke, glide. Knees and hands below water.
15 Minutes	<b>Butterfly:</b> 1. 2 x 15m dolphin kick (with/without fins) 2. 2 x 15m breaststroke arms, dolphin kick 3. 2 x 10m two kicks, pull, breathe, arms over 4. 1 x 15m whole stroke  <b>Sidestroke:</b> 1. 2 x 25m kick (noodle or board) 2. 2 x 25m sidestroke extended glide 3. 1 x 50m sidestroke	Encourage movement of hips/bending of knees. Feet to kick down together.  Noodles behind shoulders or boards, one in each hand. One arm extended, other by side
10 Minutes	<b>Discuss:</b> The four A's, Weak swimmer  <b>Survival swim: (clothed)</b> Scenario: As a group you have had to leave a boat on fire and must keep swimming away from the boat. Survival swim: 50m freestyle, 50m survival. sculling: removal of clothes. Float 2 minutes with aid, fit lifejacket out of water, enter and float for 1 minute	Awareness, assessment, action, aftercare. Weak swimmers 'climb ladder'. Short length clothes, continuous.

### Equipment Required:

Kickboards (1 per student)  
 Short length clothes (each child to bring from home)  
 Lifejacket



## LESSON PLAN - 5 | STAGE 10

TIME	ACTIVITY + SKILLS	TEACHING TIPS
←5 Minutes	<p><b>Introduction:</b> Roll call &amp; reinforcement of safety rules Overview of lesson plan</p> <p><b>Revision:</b> Discuss survival skills: when might we need them?</p>	
10 Minutes	<p><b>Sidestroke:</b> 1. 1 x 50m kick (Noodle or boards) 2. 1 x 50m sidestroke</p> <p><b>Butterfly:</b> 1. 1 x 25m dolphin kick (with board) 2. 2 x 25m one arm butterfly (switch halfway) 3. 1 x 15m butterfly (underwater dolphin kick back to group)</p>	<p>Noodles behind shoulders or boards, one in each hand. One arm extended, other by side. Glide between kicks.</p> <p>Kick feet together. Hand enters water in line with shoulders. Press out, then pull in under chest.</p>
20 Minutes	<p><b>Combination:</b></p> <p><b>Freestyle:</b> 1. 2 x 25m one arm freestyle 2. 2 x 25m freestyle</p> <p><b>Breaststroke</b> 1. 2 x 25m breaststroke one on top, one under 1. 1 x 50m breaststroke</p> <p><b>Backstroke</b> 1. 2 x 25m one armed backstroke (one arm leads, other by side, switch each lap) 2. 1 x 50m backstroke</p> <p><b>Survival</b> 1. 1 x 50m survival backstroke 2. 1 x 50m sidestroke</p> <p><b>Freestyle</b> 1.2 x 25m freestyle extended arm</p>	<p>Across all strokes, look for:</p> <ul style="list-style-type: none"> <li>- Ability to swim continuously</li> <li>- Body position</li> <li>- Kick</li> <li>- Arm action</li> <li>- Breathing</li> </ul>



# LESSON PLAN - 5 | STAGE 10 CONT.

TIME	ACTIVITY + SKILLS	TEACHING TIPS
10 Minutes	<p><b>Survival skills:</b></p> <p>Scenario: You are wearing a lifejacket on a canoe, the canoe tips over you are now in the water. Signal for help and float for one minute.</p> <p>Scenario: You were trying to retrieve an object that was blown away from shore, and now you have been pushed away from shore. Signal for help and eggbeater kick for two minutes.</p> <p>Reminder: Bring short length clothes next lesson</p>	Discuss water safety as drill is undertaken.

Equipment Required:

Kickboards (1 per student)

Aids ball, kickboard, noodle etc. (if available)

## LESSON PLAN - 6 | STAGE 10

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<b>Introduction:</b> Roll call & reinforcement of safety rules Overview of lesson plan  <b>Revision:</b> Sculling in an upright body position (hands and feet)	
15 Minutes	<b>Freestyle:</b> 1. 2 x 25m freestyle kick with board 2. 1 x 100m freestyle	Finger first entry, rolling body to side.
	<b>Breaststroke:</b> 1. 2 x 25m breaststroke extended glide 2. 2 x 25m breaststroke	Glide, arms not too wide.
10 Minutes	<b>Butterfly:</b> 1. 2 x 25m butterfly kick one lap with board, one without 2. 1 x 25m left arm, right arm, both arms 3. 2 x 15m butterfly	Kick as arms pull apart, kick as arms come together. Ensure feet kick at same time.
10 Minutes	<b>Survival Swim (clothed)</b> Scenario: As a group you have had to leave a boat on fire and must keep swimming away from the boat. Survival swim: 50m freestyle, 50m survival, sculling, removal of clothes. Float with aid, fit lifejacket out of water, enter water and float one minute.	Continuous, wearing short length clothes.

### Equipment Required:

Kickboards (1 per student)  
Noodle/towel etc. for reach rescue  
Lifejackets

## LESSON PLAN - 7 | STAGE 10

TIME	ACTIVITY + SKILLS	TEACHING TIPS
5 Minutes	<b>Introduction:</b> Roll call & reinforcement of safety rules Overview of lesson plan  <b>Revision:</b> Rescues: Who is the most important person? What order do we follow?	Discuss: Always remember to prioritise yourself. Do not put yourself in danger.
15 Minutes	1.2 x 25m freestyle kicking with board  <b>Continuous swim:</b> Students to swim 100m continuous. (2 strokes of their choice)	Beware of tiredness: Encourage continuous kicking, lengthening of arm strokes.
10 Minutes	<b>Survival strokes:</b> Scenario: Swimming away from boat, must keep an eye on boat.	
	<b>Survival backstroke:</b> 1. 2 x 25m survival backstroke extended glide 1. 1 x 50m survival backstroke	Knees exiting water: knees to bend, heel to bottom.
	<b>Sidestroke:</b> 1. 2 x 25m sidestroke extended glide 2. 1 x 50m sidestroke	Rushed stroke: glide between strokes.
10 Minutes	<b>DRSABCD:</b> Break down DRSABCD into each component Teach: recovery position. Scenario: Students have come across someone lying down by the side of the pool. In pairs, commence DRSABCD and show effective roll into recovery position.	Encourage hip and shoulder roll. Ensure each student speaks aloud through each step. Reiterate with real life dangers and scenarios.

### Equipment Required:

Kickboards (1 per student)

## LESSON PLAN - 8 | STAGE 10

TIME	ACTIVITY + SKILLS	TEACHING TIPS
←5 Minutes	<b>Introduction:</b> Roll call & reinforcement of safety rules Overview of lesson plan  <b>Revision:</b> Discuss DRSABCD	
10 Minutes	<b>Freestyle:</b> 1. 2 x 25m freestyle kick (one with board, one without) 2. 2 x 50m freestyle	Horizontal body position. Coordination breathing with arm stroke.
	<b>Backstroke:</b> 1. 2 x 25m six kick switch 2. 2 x 25m backstroke	Straight arms, arm to brush ear, pointed toe kick.
	<b>Breaststroke:</b> 1. 2 x 25m breaststroke kick with board 2. 2 x 25m breaststroke	Pull-breath-Kick-Glide sequence.
10 Minutes	<b>Survival skills &amp; Exits:</b> 1. Surface dive and recover object. 2. Scenario: You and a friend are trying to attract the attention of someone for help, with only one aid. In partners rotate between sculling/signalling for help & floating with aid for two minutes x 3. No feet to touch ground. 3. Stirrup lift exit practise with partners.	
10 Minutes	<b>Survival Swim (clothed)</b> Scenario: As a group you have had to leave a boat on fire and must keep swimming away from the boat. Survival swim: 50m freestyle, 50m survival sculling: removal of clothes. Float 2 minutes with aid, fit lifejacket out of water, enter and float for one minute.	Short length clothes, continuous

### Equipment Required:

Kickboards (1 per student)  
 Aid (ball, noodle etc.)



## LESSON PLAN - 9 | STAGE 10

TIME	ACTIVITY + SKILLS	TEACHING TIPS
←5 Minutes	<b>Introduction:</b> Roll call & reinforcement of safety rules Overview of lesson plan  <b>Revision:</b> Discuss entry/exit types	
10 Minutes	1.2 x 25m freestyle kick with board  <b>Continuous swim:</b> Students to complete continuous swim (100m) of 2 strokes of their choice	Encourage continuous kicking
20 Minutes	<b>Butterfly:</b> 1. 2 x 25m dolphin kick (board) 2. 2 x 25 left, right, both 3. 2 x 15 butterfly/10m dolphin  <b>All strokes:</b> 1. 2 x 50m backstroke 2. 2 x 50m breaststroke 3. 1 x 100m freestyle 4. 1 x 50m sidestroke 5. 1 x 50m survival backstroke	Feet to kick together Knees to bend as feet kick Arms to exit/enter water together  Across all strokes, look for: - Ability to swim continuously - Body position - Kick - Arm action - Breathing
10 Minutes	<b>DRSABCD:</b> Re-teach DRSABCD, having participants in pairs. Taking turns going through each letter, acting out that they are following the process. Introduce compressions and breathing basics.	Danger to yourself first, then bystanders, then the patient. Response: COWS: Can you see me, open your eyes, what's your name? Send: Can a bystander call?

### Equipment Required:

Kickboards (1 per student)

## LESSON PLAN - 10 | STAGE 10

TIME	ACTIVITY + SKILLS	TEACHING TIPS
←5 Minutes	<b>Introduction:</b> Roll call & reinforcement of safety rules Overview of lesson plan  <b>Revision:</b> Discuss water safety in different environments.	
5 Minutes	<b>Freestyle:</b> 1. 1 x 100m freestyle  (Break: Allow students to have a break to breathe and discuss DRSABCD)	Encourage continuous kicking. Encourage lengthening of arms.
10 Minutes	<b>Revision:</b> 1. 2 x 50m backstroke 2. 2 x 50m breaststroke 3. 2 x 25m survival backstroke 4. 2 x 25m sidestroke	Across all strokes, look for: - Ability to swim continuously - Body position - Kick - Arm action - Breathing
20 Minutes	<b>Reach Rescue:</b> Practise in partners: rescuing with aid and securing persons hands on wall.  <b>Lifejackets:</b> Fit lifejacket out of water, enter water with a slide in entry and float on back.  <b>Stirrup lift:</b> Once lifejackets have been removed, practise stirrup lifts in pairs.	Talk to patients, reassuring them. Fit lifejacket correctly and enter water slowly, holding lifejacket down so it does not lift.



# LESSON PLAN - 10 | STAGE 10 CONT.

TIME	ACTIVITY + SKILLS	TEACHING TIPS
10 Minutes	<p>Vertical and horizontal rotations</p> <p><b>Game:</b></p> <p>Give students a survival scenario which, in their teams they must complete only with certain aids given.</p> <p>I.e. At beach: you have someone who needs rescuing in the water, at the same time someone is injured on the sand.</p> <p>You only have a phone, a kickboard, a ball and a lifejacket. What do you do?</p> <p><b>Conclusion:</b></p> <p>Summary of what was learnt</p> <p>Certificates</p>	

Equipment Required:

Group of Aids: ball, noodle etc. (if available)

Lifejackets

## FOR MORE INFORMATION

### **The Royal Life Saving Society WA Inc.**

McGillivray Road, Mt Claremont WA 6010

PO Box 28, Floreat Forum WA 6014

T: (08) 9383 8200

F: (08) 9383 9922

E: [info@rlsswa.com.au](mailto:info@rlsswa.com.au)

### **Connect with us**

[Facebook.com/RoyalLifeSavingWA](https://Facebook.com/RoyalLifeSavingWA)

[Twitter.com/lifesavingwa](https://Twitter.com/lifesavingwa)

[Youtube.com/TheRoyalLifeSavingSociety-WesternAustralia](https://Youtube.com/TheRoyalLifeSavingSociety-WesternAustralia)

### **Show your support**

[#savinglives](#)

[#everyonecanbealifesaver](#)

[royallifesavingwa.com.au](http://royallifesavingwa.com.au)

