

Swim Lesson Plan Summary: Confident 5yo (Transitioning off Armbands)

Student Profile: 5yo girl. Water confident, happy underwater (w/ goggles), good kicker (20m w/ armbands), loves jumping in.

Duration: 30 Minutes

Overall Goal: Build independent swimming skills (float, glide, basic propulsion) **without armbands.**

Key Focus Shift: Horizontal body position, removing armband dependency, skill transfer. **Remove armbands after fun entry jump.**

Equipment: Kickboard, Noodle (optional support), Floating/Sinking Toys.

SAFETY: CONSTANT VIGILANT SUPERVISION (Touch supervision essential).

Lesson Steps (Approx. Times)

1. Greeting, Safety, Fun Entry (3 min)

- **Activities:** Welcome! Review 1 safety rule (ask "why?"). Fun assisted jump(s). **Remove armbands -> "Time for big girl swimming!"**
- **Focus:** Positive start, reinforce safety, transition off aids smoothly.

2. Kicking & Body Position (NO ARMBANDS) (6 min)

- **Activities:** Wall Kicks (strong, face in). Kickboard Kicks (short dist, arms straight, focus **horizontal body** - "*flat pancake!*"). Assisted Back Kicks (support head/back, look up).
- **Focus:** Strong kick without aids, establish flat body line.
- **Note 5yo:** *May handle longer dist/cues like "point toes" sooner.*

3. Floating & Gliding (NO ARMBANDS) (6 min)

- **Activities:** Assisted Back Float ("Starfish", relax). Assisted Front Glide ("Superman" push-off, face in, bubbles). Brief (2-3 sec) **independent float attempts** near instructor/wall *if ready.*
- **Focus:** Feel natural buoyancy, streamline position, build trust.
- **Note 5yo:** *May grasp faster; try slightly longer independent floats (2-3s) if stable/confident.*

4. Arm Stroke Intro (NO ARMBANDS) (5 min)

- **Activities:** Standing/Walking practice ("big windmill arms," "scooping"). Kickboard + Alt. Arm Pulls ("Reach, pull, kick..."). Supported Pulls (hold hands/waist, pull towards toy).
- **Focus:** Introduce arm propulsion concept and basic motion.
- **Note 5yo:** *Might coordinate kickboard+arms sooner. Use "reach long" cues.*

5. Combining Skills & Short Swims (NO ARMBANDS) (5 min)

- **Activities:** Push-Glide-Kick sequence (+ Board/Noodle). Add 1-3 Arm Pulls after glide. **Jump In & Turn practice** (jump, turn, kick/paddle to wall - assist closely). Short (2-3m) **Independent Swim attempts** to instructor.
- **Focus:** Skill integration, turning back to safety, brief independence.
- **Note 5yo:** *Gradually increase independent distance (e.g., to 3m). Can intro 'cheek to water' practice w/ board.*

6. Fun Game & Reinforcement (NO ARMBANDS) (4 min)

- **Activities:** Games using skills **without aids**: Fetch sinky toys (shallow), kickboard races, ball push, Simon Says (swim actions).
- **Focus:** Playful skill practice & consolidation.
- **Note 5yo:** *Game rules can be slightly more complex.*

7. Safe Exit & Praise (1 min)

- **Activities:** Practice safe exit ("Elbow, elbow, tummy, knee" - ask her how). Towel quickly. Give **SPECIFIC praise** for *non-armband* efforts.
- **Focus:** Reinforce safety procedure, positive end, build confidence.

Instructor Reminders

- **Keep it FUN and PLAYFUL!** Use imagination, games, songs.
- **Be PATIENT and POSITIVE!** Celebrate all attempts and successes.
- **ADAPT!** Modify based on the child's energy, focus, and readiness *that day*.
- **SAFETY FIRST!** Never lose focus or direct supervision.