

Lesson Structure

In order to provide the best and most effective lessons, I have learnt from my last 6 years of swimming lessons that it is a matter of trial and error. Everyone has their own style but I would prefer to have all instructors follow a similar pattern for your lesson, below is a sample. Not only will it be easy on you, but it will also be good for the student to have repetition.

Samples

- Warm-up 10 Bubbles / Up and Down
- Practice their strong side whether it's Up / Down
- 2 Floats per side if beginner (assist), 1 Float per side un-assist
- 2 Glide per side assist, 1 Glide un-assist
- 3x Kicking only with distance swim(short, medium, long)
- 3x exclude kicking and only work with circle arms (Short, medium)
- 3x Kicking with circle arms distance swim(short, medium, long)
- 3x Side kicking with marshmallow (Short, medium)
- Skill test with and without a floatation device
- 3x Treading water
- 3x Jumping into water and swim/float
- Pick up toys when available to learn how to move freely in the water
- Provide more detail to strokes once you see students have gotten the skills down properly
- Rest in between each activity, allowing yourself and the student to re-engage the activities (30sec-2mins)

TEACH FROM THE HEART DURING EVERY LESSON, AND YOU SHALL BE REWARDED FOR THE HARD WORK YOU PUT INTO THE STUDENTS YOU TEACH. BELIEVE IN YOURSELF, TRUST IN YOUR KNOWLEDGE AND EXPERIENCE AND APPLY IT. KEEP TRYING, AND NEVER GIVE UP, I PROMISE YOU WILL BE RECOGNIZED BY THE PARENTS AND AQUASTAR.

Lesson Plan

How to plan & structure your lesson plan

Our goal is to ensure that our private lessons are efficient, clear, and consistent with all of our AQUASTAR instructors. I have been teaching for more than 10 years and I have gathered all of my knowledge to share with all of you how to get the lessons going efficiently and improve them in every single way possible.

DESCRIBE

DEMONSTRATE

DO

First, no matter at what age, start off with bubbles. See if they can blow bubbles properly.

- Do 10 Bubbles.
- If cannot perform, make it an exercise to practice bubbles together with the student.
- Big breath blow on your palm to practice breathing. x2 (repeat) Until Comfortable

- Blow in water using the same technique x 1 (repeat) Until Comfortable
- Learn how to hold your breath without going into water 3sec x3 (repeat) Until Comfortable
- Proceed with floats, glide, kick, arms, and distance swim.
- Ask the child what he/she likes to do more, looking up or looking down for Floats (Starfish Up/Starfish Down) x2 (assist)
- Glide (at the stairs if available). Push off using a Marshmallow looking DOWN / Wall looking UP. No kicking. Glide for 3sec x3
- Kicking (practice and show how to kick properly) Tell them to splash *ONLY IF THEY ARE LOOKING DOWN, OTHERWISE NO SPLASH WHEN LOOKING UP. x3 with Marshmallow
- (ONLY IF THEY ARE COMFORTABLE WITH LOOKING DOWN. DO NOT FORCE THE CHILD TO DO SOMETHING THEY ARE NOT COMFORTABLE WITH. GIVE THEM 2 CHOICES THAT THEY CAN CHOOSE FROM, UP OR DOWN AND ALLOW THEM TO TEST OUT EACH TO SEE WHICH ONE THEY LIKE MOST FIRST, THEN PROCEED WITH THE LESSONS).

Teach them what I call the *1,2,3 Bubble Bubble Breath*

- Tell them to hold their breath for 3 seconds as they are performing kicking. After 3 seconds, tell them to blow all their bubbles while they are looking down before they come up for air
- Repeat again until they are used to the repetition and understand blowing bubbles in the water before lifting their head up for air. x 3-5 (repeat)
- Circle arms with Kicking (From Swim)
- If they can perform all these skills start teaching arms. Separate arms from the kick. Wrap your arm around the legs to hold them still as they perform what I call the *Circle Arms*. Basically tell them to draw a circle, think of it and do it. Hold their hip as they use the Marshmallow to set the balance. As well as to remind them to brush the side of their BUM BUM making sure their arms are LONG and SOFT, instead of SHORT and HARD. x 4-6 (repeat)
- Practice Circle Arms only for a short distances while continuously correcting them at the same time. x 4-6 (repeat)
- After then try to add kicking with the arms. Yet you are reminding them about the 1,2,3, Bubble Bubble breath methods. x 4-6 (repeat)
- Back kicking (Back Swim)

If kids are more confident with looking up. Proceed with everything in looking up such as floating, gliding, kicking, circle arms on the back

- Glide push off the wall. Understand bum needs to come up instead of tummy. Legs will be in the water, arms will be on the side. x3 assist and repeat
- Kick push off the wall. Understand bum up legs down and kick in the water. Tell them to imagine they are running or walking. legs are close together and stretch their body to become long and soft. Keep reminding them that bum up with keeping up floating, bum down will get them sinking in the water. x3 assist and repeat.
- Shoulder Kiss – Teach them how to roll their body from side to side using their shoulder. x3-5 (short distance)
- Circle arms with marshmallows. Tell them only allow to move their arms using their shoulders. Everywhere else will be long and soft. (Do not use words that will confuse them making them think that having their body becoming stiff and hard will do the job).

These are some of the drills I will do with my new students to get them going with their lessons as soon as possible. Drill them as many times as possible. Make sure they are comfortable. Drills will help build up a baseline endurance and practice good techniques for longer distances in the future and will help them build confidence in their skills and continue to develop.

Every time when finishing a set of practice, ask them if they are tired or need rest. Usually, I will allow them to rest for 1-2 mins. This allows them time to relax and not think about how much work they are doing. First and foremost, AQUASTAR wants our students and teachers to BOND. But having a balance between STRICT lessons and rest with a bit of fun and games can allow them to feel more comfortable with you and perform at their best. There is no perfect routine of how to teach a lesson. As long as the BOND is strong between the instructor and the student, they can accomplish anything together.