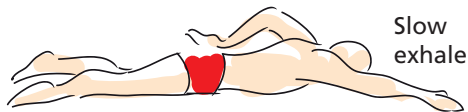
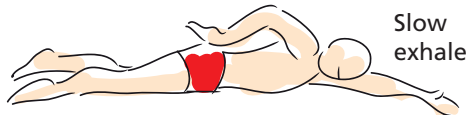
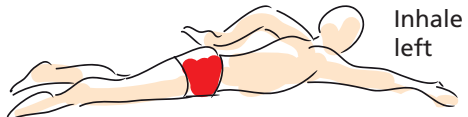
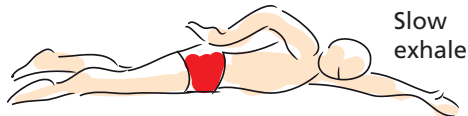
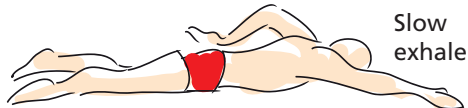


RESOURCE CARD: **SWIMMING:** ADVANCED

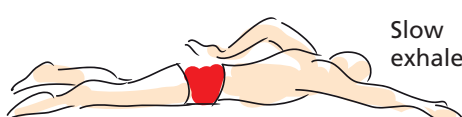
RELATES TO: **WEEK 1**

MAIN LESSON: **BILATERAL AND UNILATERAL BREATHING**

Bilateral breathing form the right and left side of the body. Breathe every 3rd stroke.



Unilateral breathing from the right (or left) side of the body only. Breathe every 4th stroke.



RESOURCE CARD: **SWIMMING:** ADVANCED

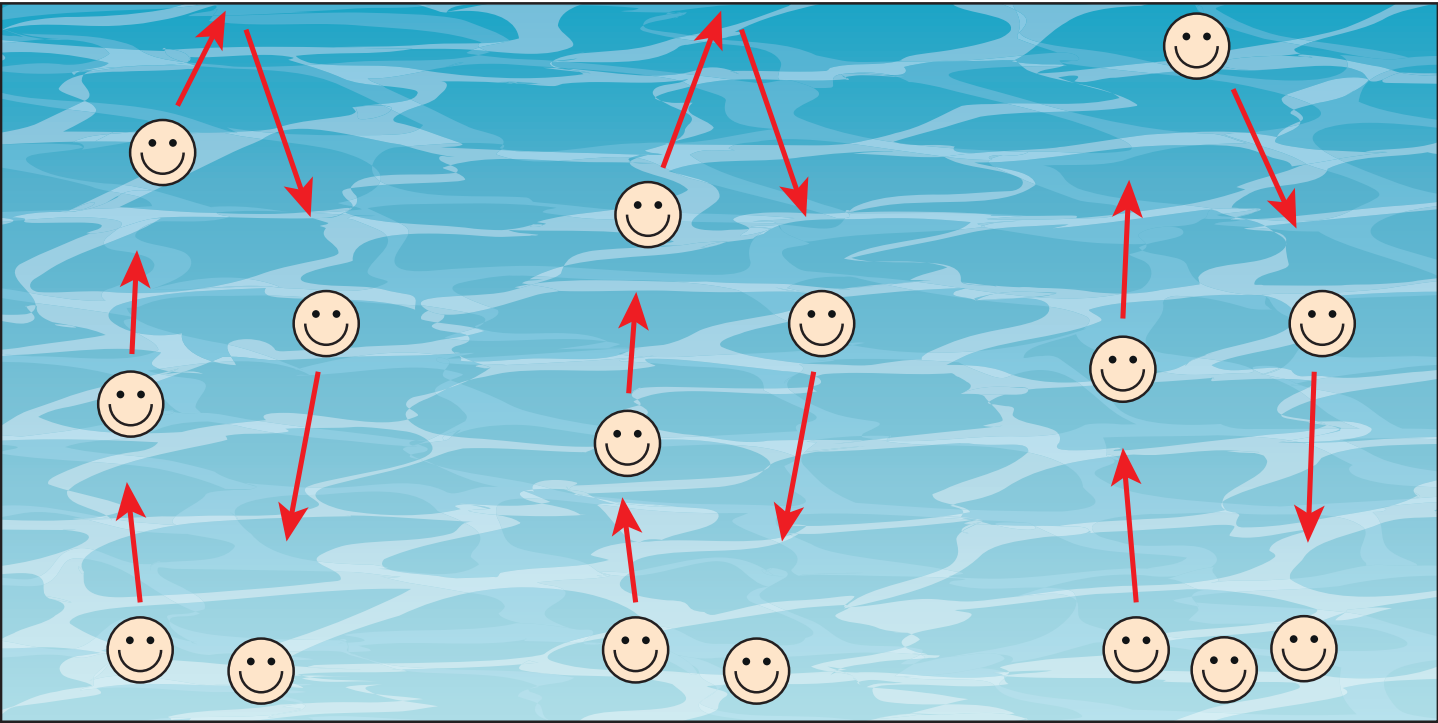
RELATES TO: **WEEK 2**

MAIN LESSON: BREATHING

1. Short/sprint distance:
Unilateral breathing
every 2 strokes.

2. Medium distance:
Bilateral breathing
every other stroke.

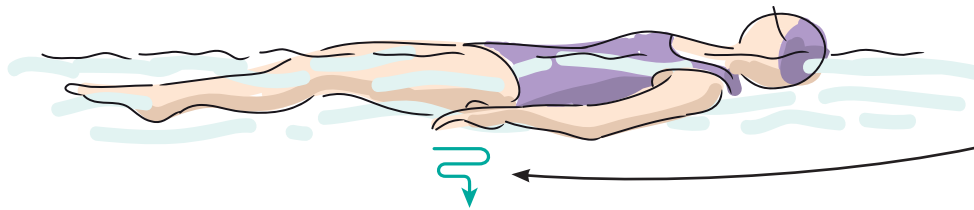
3. Long distance:
Unilateral breathing
every 4 strokes.



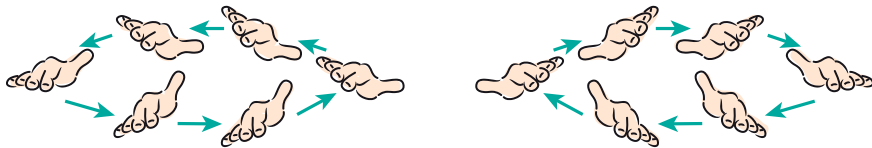
RESOURCE CARD: **SWIMMING:** ADVANCED

RELATES TO: **WEEK 3**

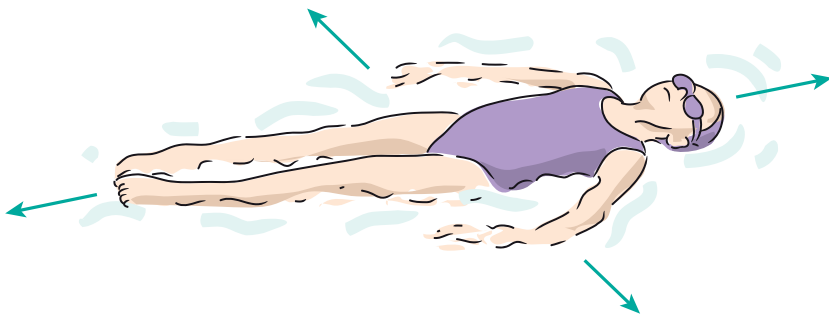
MAIN LESSON: SCULLING



Push the water down, moving the arms in and away from the body.



Change the pitch of the hand to ensure you are pushing against the water, lifting the body up at all times.



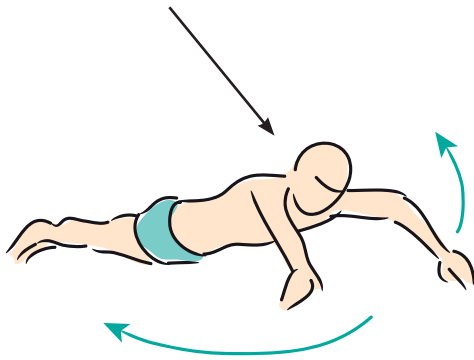
Get pupils to scull in different directions by doing longer and shorter strokes and changing the pitch of the hand.

RESOURCE CARD: **SWIMMING:** ADVANCED

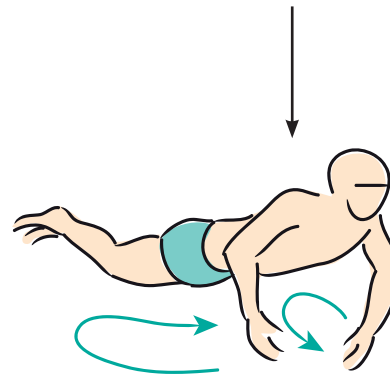
RELATES TO: **WEEK 4**

MAIN LESSON: **BREASTSTROKE**

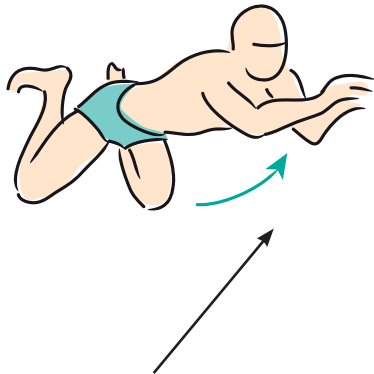
1. Keep hands together and push them forward.



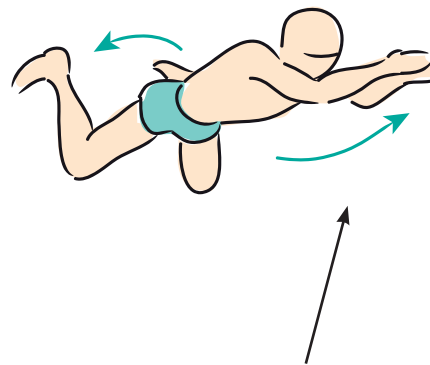
2. Extend hands all the way forward and kick backwards at the same time.



3. Turn hands to face outwards and pull them outwards and backwards.



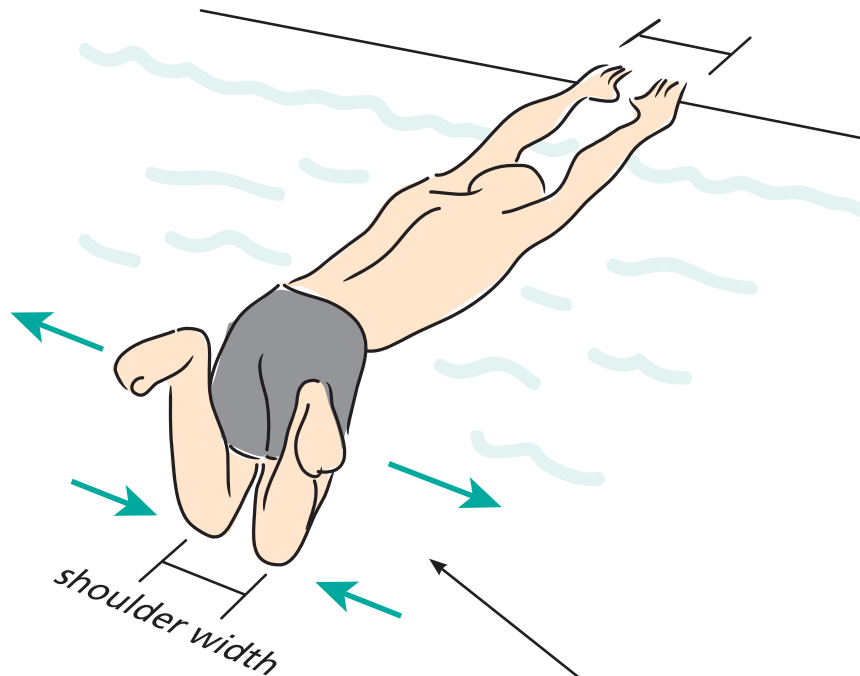
4. Hands then come back together under the body and start to move forwards again.



RESOURCE CARD: **SWIMMING:** ADVANCED

RELATES TO: **WEEK 5**

MAIN LESSON: BREASTSTROKE KICK



Bring heels close to the hips and then kick outwards and backwards pushing the water with the soles of the feet. Extend the feet and toes at the end. Then return the heels back to the hips.

RESOURCE CARD: **SWIMMING:** ADVANCED

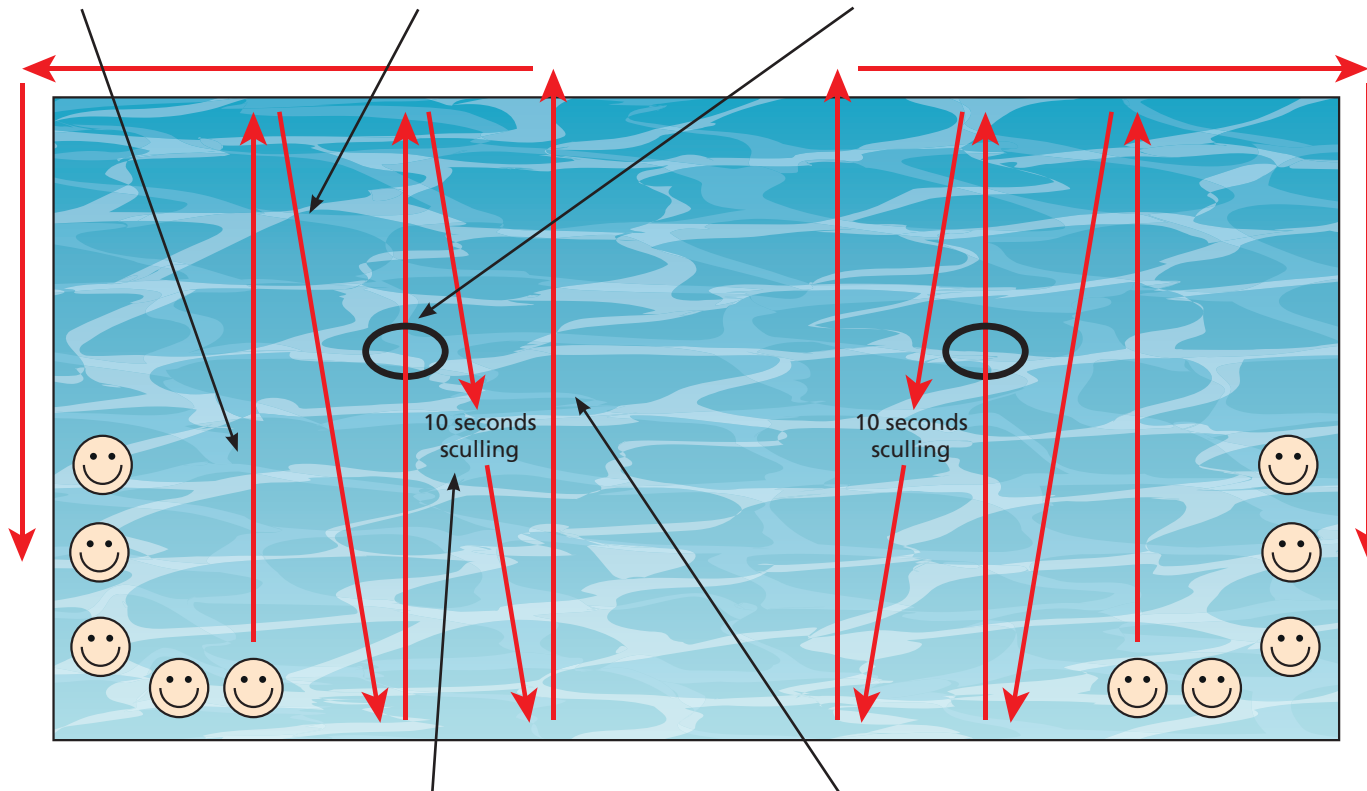
RELATES TO: **WEEK 6**

MAIN LESSON: OBSTACLE COURSE

1. Pupils start with unilateral breathing.

2. They return with breast stroke.

3. They then return, swimming through a hoop.



4. They return and scull for 10 seconds in the middle of the pool.

5. They then choose any stroke to return, get out and walk back to the start.