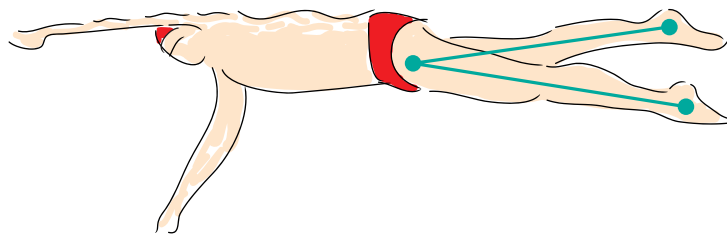
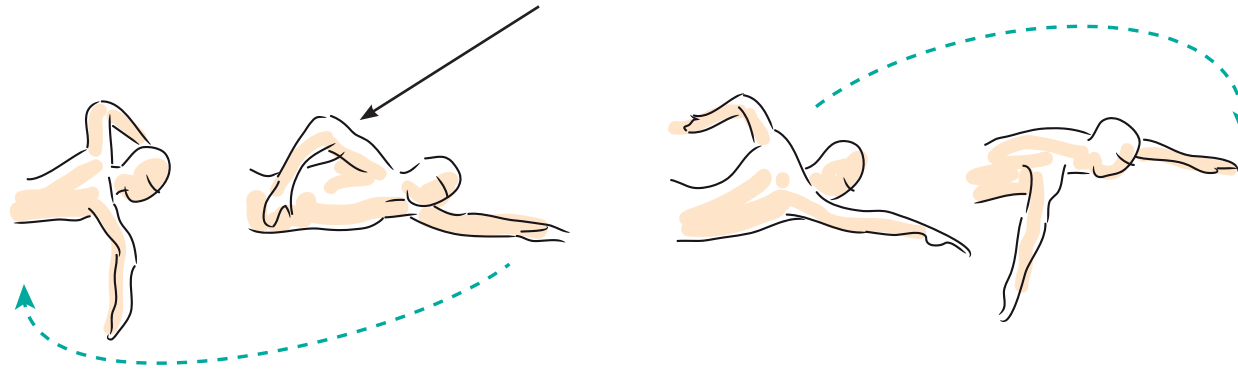


RESOURCE CARD: **SWIMMING:** INTERMEDIATE

RELATES TO: **WEEK 1**

MAIN LESSON: FRONT CRAWL

Ensure the elbow is bent and high out of the water when reaching forward.



Good technique with kicking from the hip and legs staying straight.

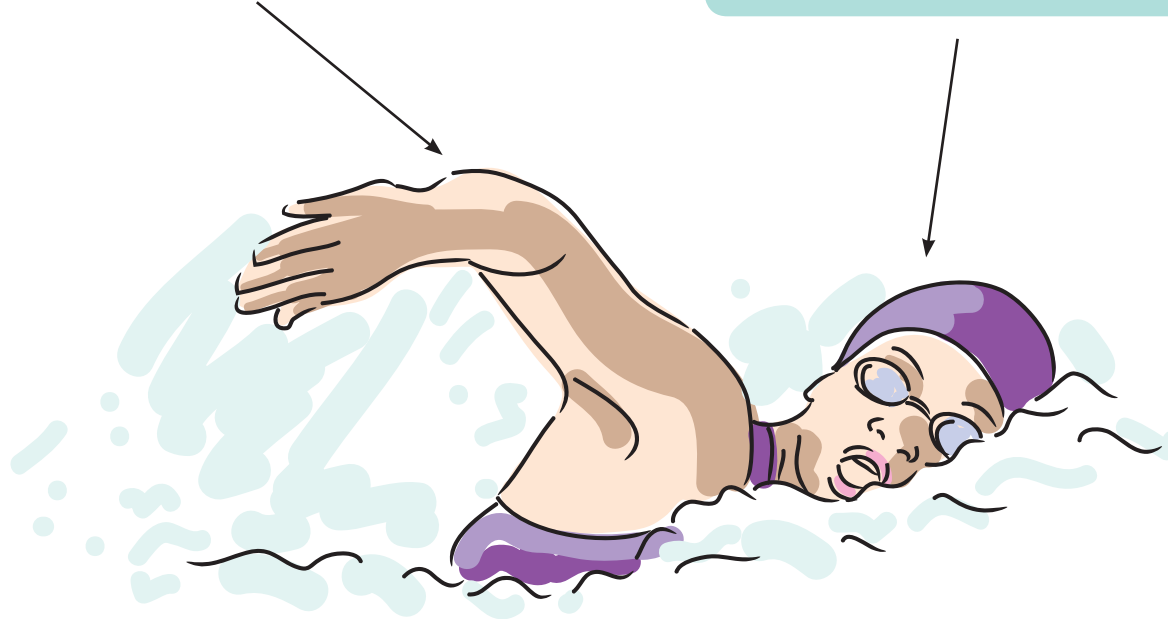
RESOURCE CARD: **SWIMMING:** INTERMEDIATE

RELATES TO: **WEEK 2**

MAIN LESSON: BREATHING

As arm pulls back, rotate the body slightly to allow the face to come out of the water on the same side.

Only half of the face needs to come out of the water to take a breath of air. After breath return the head to a still position in the water.

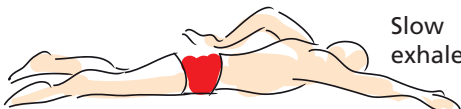
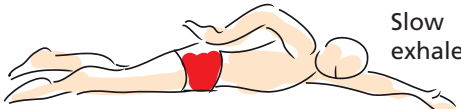
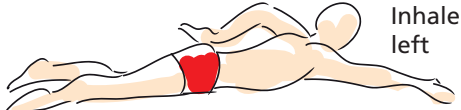


RESOURCE CARD: **SWIMMING:** INTERMEDIATE

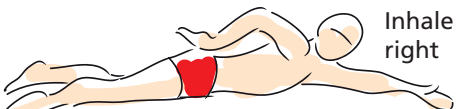
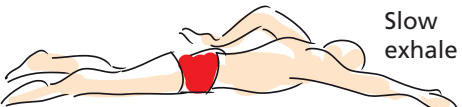
RELATES TO: **WEEK 3**

MAIN LESSON: **BILATERAL AND UNILATERAL BREATHING**

Bilateral breathing form the right and left side of the body.



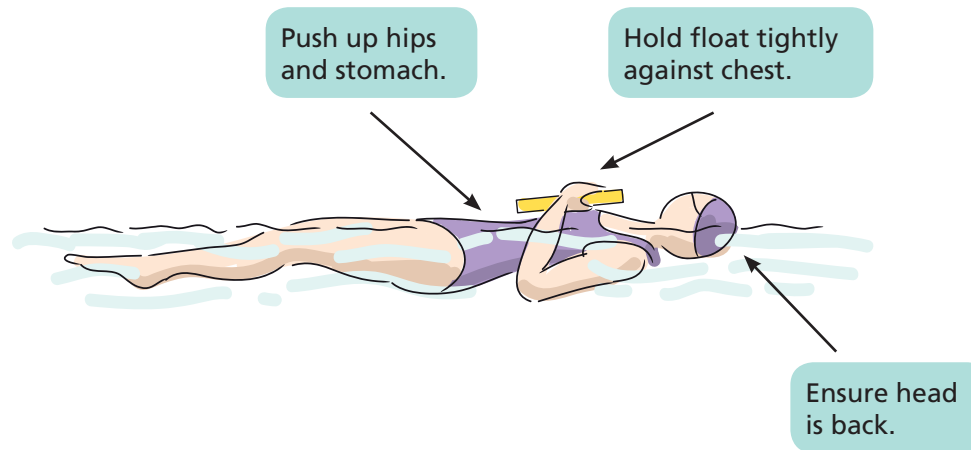
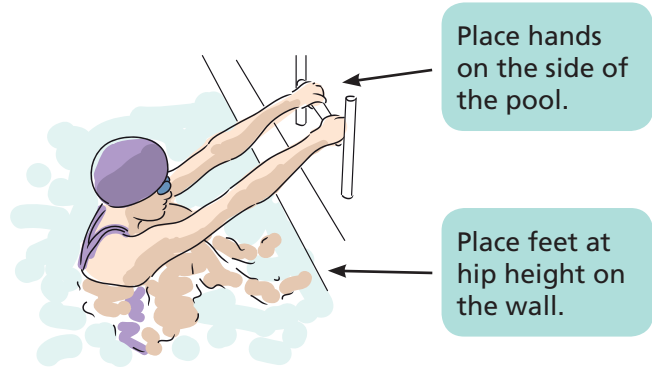
Unilateral breathing from the right (or left) side of the body only.



RESOURCE CARD: **SWIMMING:** INTERMEDIATE

RELATES TO: **WEEK 4**

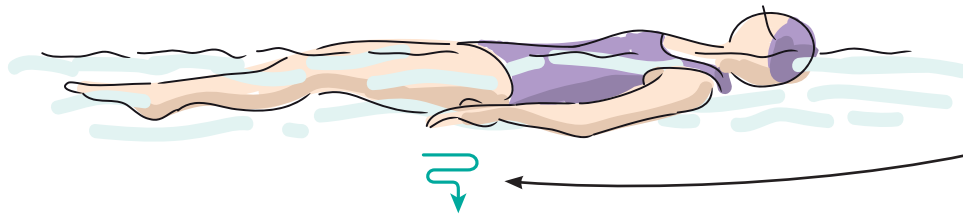
MAIN LESSON: **BACKSTROKE**



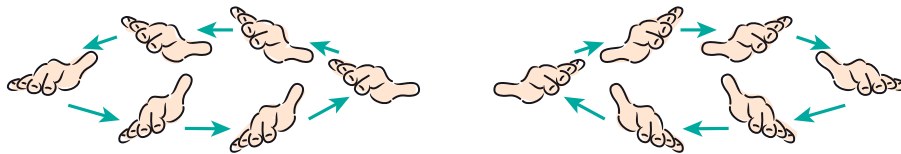
RESOURCE CARD: **SWIMMING:** INTERMEDIATE

RELATES TO: **WEEK 5**

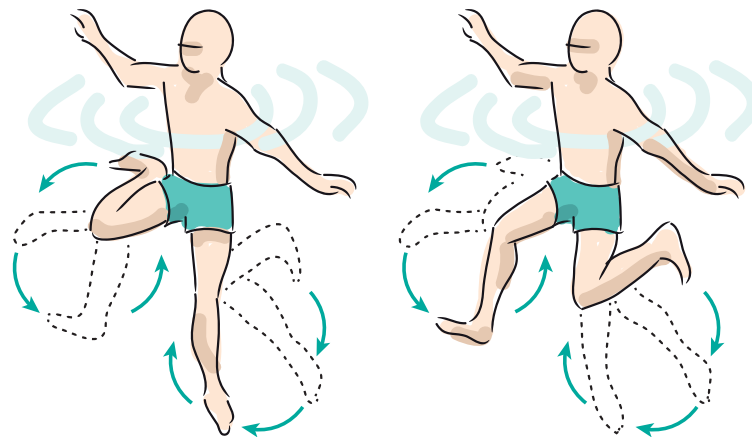
MAIN LESSON: SCULLING



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.



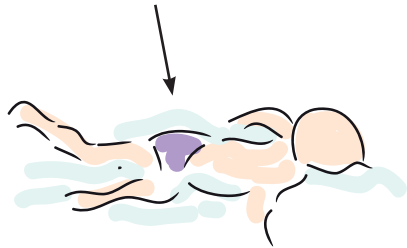
Once they can skull on their back, get them to try 'treading water' in an upright position. Legs need to rotate in a circular motion.

RESOURCE CARD: **SWIMMING:** INTERMEDIATE

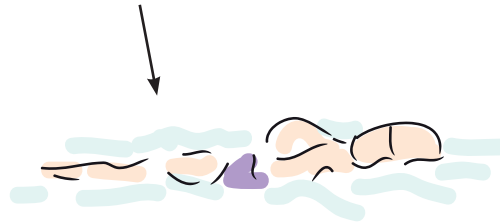
RELATES TO: **WEEK 6**

MAIN LESSON: SELF RESCUE

Pupils need to continuously swim any stroke they want.



When a rest is required (before they get tired) they need to rotate onto their backs.



Continue to skull on their backs whilst they conserve energy and take in oxygen. When recovered continue to swim.

