

# SCHEME OF WORK: **SWIMMING**: ADVANCED

LESSON	OUTLINE OF LESSON
1	To focus on swimming 25 meters front crawl using different breathing techniques.
2	To develop breathing techniques relating to swimming speeds in front crawl.
3	To use sculling to assist in floatation and movement in self-safety.
4	To introduce the basics of breaststroke.
5	To develop back and breast stroke.
6	To look at different self-rescue techniques and complete assessment.