

SCHEME OF WORK: **SWIMMING**: BEGINNERS

| LESSON | OUTLINE OF LESSON |
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| 1 | To learn breathing, floating, body position and water safety. |
| 2 | To develop body position and the push and glide whilst kicking. |
| 3 | To learn kicking and body position. |
| 4 | To develop kicking and learn breathing techniques. |
| 5 | To learn the Front Crawl, focusing on kicking and arms. |
| 6 | To develop Front Crawl, focusing on kicking and arms. |