

SCHEME OF WORK: **SWIMMING**: INTERMEDIATE

LESSON	OUTLINE OF LESSON
1	To develop the skills of the front crawl, focusing on kicking and arms.
2	To further develop breathing time in the front crawl.
3	To focus on breathing time and introduce different breathing techniques.
4	To introduce the backstroke.
5	To develop breathing techniques relating to swimming speeds and to discover sculling.
6	To prepare for assessment and learn basic swimming 'self-safety rescue'.