

# WAIKATO BLUE - LESSON ONE



## ACTIVITY

## MUST SEE

## Intro

### Kneeling Dive

Practice kneeling dive, with correct arm and head position. Practice steering up and extending glide

Repeat with fly kick, streamlined

Deep Water Activity Only

- Kneel on pool edge with toes of one foot curled over edge
- Lock hands, lock head (by squeezing arms behind ears)
- Push off edge, submerged and glide through water
- Steer up and end in secure upright position

## main activities

### Warm Up

Swim freestyle and backstroke length of pool x 2 of each stroke

### Freestyle - Kicking

Freestyle kicking with kickboard face in water, (2 lengths of the pool)

Freestyle side kicking with kickboard ear in front of shoulder (2 pool lengths). Repeat on other side

### Freestyle - Arm Action

One arm drill with kickboard. Right arm only with breathing. Left arm only with breathing (2 lengths of school pool).

Practice swimming freestyle with correct kicking, breathing and arm action (1 length of school pool)

Repeat without board

### Backstroke - Kicking

Backstroke kicking with arms fully extended in streamline position above head (2 lengths of school pool).

### Forward Somersault

Practice performing a forward somersault.

Swim freestyle slowly for 4 - 6 strokes, follow arm with head into a somersault.

- Streamlined body position
- Continuous flutter kick
- Natural breathing
- Slow relaxed arms
- Exhaling when face in water
- Shoulder and hip pointing to sky when in breathing position

- Streamlined body position
- Continuous flutter kick
- Natural breathing
- Slow relaxed arms

- Streamlined body position
- Continuous flutter kick
- Establish breathing pattern

- Body tucked in position
- Head leads action
- Hand and arm sculling used effectively
- Rotation in single plane

## GAME

### Torpedo Tube

2 teams standing sideways almost shoulder to shoulder.

On the command 'GO' player 1 lies face down and still in the water, arms extended beyond the head. Others will pull this player by the arms along the 'torpedo tube'. This continues till everyone has a turn

Variation: Try on back.

### Overhead Body Passing

2 teams standing in lines facing a pool end, one behind each other.

On the command 'GO' player 1 lies on back with arms by side others will pull this player by the arms over their head along the tube. This continues till everyone has a turn.

### Rollover ball

In a line one behind each other, lie on back commence a stationary scull. The leader places ball between feet, attempt to pass it over the head and pass it on while maintaining their sculling action.

# WAIKATO BLUE - LESSON TWO



## ACTIVITY

## MUST SEE

## GAME

### Intro

#### Crouch dive

Feet shoulder width apart, toes gripped over the edge and body in semi crouch position. Arms fully extended in streamlined position above head. Push off the wall stretching out into a streamlined position to enter the water encouraging a long glide. Deep water activity only.

- Crouch on pool edge with toes curled over the edge
- Lock hands, lock head, with arms fully extended
- Push off the edge to submerge and glide through the water
- Steer up and end in secure upright position

#### Noodle Dive

Instructor or teacher holds noodle out for students to dive over one at a time.

### main activities

#### Backstroke - Kicking

Practice backstroke kick with arms sculling by the side (2 lengths of the pool). Shoulder roll drill with hands by side, keeping head still, roll onto right side for six kicks then roll onto left side for six kicks, continue sequence. (2 lengths of the school pool).

- Streamlined body position
- Continuous flutter kick
- Natural breathing
- With straight arm recovery

#### Backstroke - Arm Action

One arm drill. Practice right arm with kicking. Practice left arm with kicking (2 lengths of the pool). Emphasise body rotation.

Double arm drill. Practice both arms at the same time concentrating on bent arm pull with backstroke or breaststroke kick (2 lengths of the pool).

Practice swimming backstroke with correct kicking and arm action (2 lengths of the pool).

- Streamlined body position
- Continuous flutter kick
- Catch the water and throw it to your feet
- Establish breathing pattern
- Slow relaxed arms

#### Freestyle

Practice swimming freestyle with correct kicking, breathing and arm action (4 lengths of the pool).

- Streamlined body position
- Continuous flutter kick
- Established breathing pattern
- Slow relaxed arms

#### Survival Sculling and Floating

Practice floating with and without aids.

Practice survival sculling trying to remain in a stationary horizontal position on the back.

#### Paired Swimming

Both swimmers adopt the prone position for freestyle, one behind the other. The rear person holds the ankles of the one in front, who provides the arm propulsion. The one at the back provides the leg propulsion. They work in unison to propel themselves from one side of the pool to the other.

#### Whirlpool

Players start running while keeping circle formation, they create a current. Once whirlpool is formed they may stop running and float, front, back, side. At signal players change direction and try running, swimming against current.

# WAIKATO BLUE - LESSON THREE



## Intro

### ACTIVITY

#### Crouch Dive

Feet shoulder width apart, toes gripped over the edge and body in semi crouch position. Arms fully extended in streamlined position above head. Push off the wall stretching out into a streamlined position to enter the water encouraging a long glide. Deep water only.

### MUST SEE

- Crouch on pool edge with toes curled over the edge
- Lock hands, lock head, with arms fully extended
- Push off the edge to submerge and glide through the water
- Steer up and end in secure upright position

### GAME

#### Noodle Dive

Instructor or teacher holds noodle out for students to dive over one a time.

## main activities

#### Breaststroke (Survival Backstroke) – kicking and breathing

Practice breaststroke kicking on back with relaxed breathing holding kick board over knees with straight arms (2 lengths of the pool). Repeat without board, hands at side

#### Breaststroke – arm action

Using a noodle under the armpits practice breaststroke arm action with breathing (2 lengths of the pool)

#### Breaststroke – timing

Two kicks, one arm pull drill (2 lengths of the pool).

Practice breaststroke with correct leg, arm action breathing and timing (4 lengths of the pool)

#### Survival backstroke – kicking

Practice the breaststroke kick (on back) with hands by side (2 lengths of the pool)

\*Please note survival backstroke is breaststroke swam on back

### GAME

#### Siamese Twins

In pairs tow on back using inverted breaststroke kick, tow partner under the armpits.

#### Riding the rapids

The two players at starting end push off and glide into the tube. The standing players rhythmically sweep the water in the direction of travel, all using both hands and the floating players are moved along the 'rapids'. When they reach the end they join the standing players.

- Streamlined body position on back with eyes looking up and ears in the water
- Symmetrical leg and arm actions

- Hands and arms remain under water while swimming breaststroke
- Initiate breathing (lift head) as soon as hands separate

- Legs together and arms streamlined during glide phase
- Timing - arms, legs, glide

- Streamlined body
- Symmetrical leg action

# WAIKATO BLUE - LESSON FOUR



## Intro

### ACTIVITY

#### Crouch Dive

Feet shoulder width apart, toes gripped over the edge and body in semi crouch position. Arms fully extended in streamlined position above head. Push off the wall stretching out into a streamlined position to enter the water encouraging a long glide. Deep water only.

### MUST SEE

- Crouch on pool edge with toes curled over the edge
- Lock hands, lock head, with arms fully extended
- Push off the edge to submerge and glide through the water
- Steer up and end in secure upright position

### GAME

#### Noodle Dive

Instructor or teacher holds noodle out for students to dive over one a time.

## main activities

#### Freestyle/backstroke -Kick with board

Warm up; Freestyle kick (2 lengths of the pool), Backstroke kick holding board over knees (2 lengths of the pool).

#### Butterfly - Kicking

Practice fly kick on front in streamline position (2 lengths of the pool). Four kicks, then breaststroke arms to breathe.

#### Horizontal Rotation

Four strokes freestyle, roll onto back, four stroke backstroke. Repeat (2 lengths of the pool)

#### 3 Stroke Medley

1 length Backstroke, 1 length breaststroke, 1 length freestyle demonstrating good technique in all strokes.

- Long body position on front and back
- If knees are hitting the board, students are not kicking from the hip

- Ensure that the kick is from the hip, not from the knees

- When swimmer rolls onto back, place hands on tummy button
- When this has been mastered streamlined position on back can be attempted

- Backstroke and freestyle demonstrating fast feet and slow controlled arms
- Breaststroke timing - arms, legs, glide

#### Diving Clowns

Group members tread water. On the word go first person swims with ball to hoop, dives and surfaces inside hoop and throws back to the next player. Once thrown they do a feet first surface dive to the bottom and swim back to the surface

# WAIKATO BLUE - LESSON FIVE



## Intro

### ACTIVITY

#### Safe entries

Demonstrate two deep water entries  
Deep water activity only

### MUST SEE

- Must know correct entry technique for each safe entry chosen

### GAME

#### Know two entries

- Participants line up at edge of water
- Each person in turn performs an entry

## main activities

#### Endurance

Swim freestyle, backstroke, breaststroke and fly kick with correct technique (4 lengths of the pool).

#### Butterfly – kicking

Arms extended with fly kick action.

#### Butterfly – arm action

Demonstrate arm action while standing.

Walk across the pool practice the butterfly arm action. Practice recovery phase of arm action doing dolphin dives. Practice arm action with no kicking for short distances.

#### Butterfly – kicking and arm action

Practice kicking with arm action without breathing for short distances (two kicks to one arm stroke).

Repeat above with breathing.

- Correct body position and kick for each stroke
- Established breathing patterns

- Breaststroke arms to breathe
- Ensure kicking from hip not knee

- Attempt simultaneous and symmetrical action over the top of the water
- Attempt correct breathing technique, raising head forwards

Under the water;

- Circle
- Triangle

- Wide arms, thumbs down
- Kicking from hip

#### Over and Under

Players are numbered 1 to 10 lined up in pairs 1m apart, 9 and 10 at front and 1, 2 at back. Numbers 3, 4, 7, 8 hold hoops, numbers 5, 6, 9, 10 holding the noodles. Hoops are held vertically. One at a time go over noodle and under through hoop.

# WAIKATO BLUE - LESSON SIX



## Intro

### ACTIVITY

#### Fall in entry

Practice fall in entries. Emphasise tucking chin to chest, hold head with hands to protect face, press arms to chest, knees bent toward chest.

\*Check pool is clear of swimmers before falling in

#### Deep water exit

Practice exiting from deep water by kicking legs vigorously and using arms to lever body out of the water.

Deep water only.

### MUST SEE

- Head and chest protected with hands and forearms
- Chin tucked to chest
- Legs together with knees bent towards chest
- On entry, surface and turn body in the direction of safety
- Exit unassisted from deep water using edge
- Kicking vigorously and fully extend arms to support body, place knee or foot on pool edge to climb out
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## main activities

#### Freestyle - Kick

Practice freestyle kick in streamline position, extending distance. One arm stroke to breathe

#### Freestyle – Endurance

Swim freestyle (4 lengths of the pool). Swim freestyle kick (4 lengths of the pool) without board

#### Freestyle – kick sprints

Swim the length of the pool with freestyle kick sprints with board with rest intervals (4 lengths of the pool).

#### Backstroke – kicking

Backstroke kicking with arms fully extended in streamline position above head (2 lengths of the pool).

#### Forward somersaults

Practice forward somersaults ensuring a tucked position.

Swim freestyle evenly for 4-6 strokes, then follow arm with head into a somersault.

### GAME

#### Tumbleweeds

Swimmers stand about 5 metres from the side wall. On the word “GO” they swim or flutter kick to the wall, touch it with both hands and perform a forward roll. Without touching bottom they push off with both feet and flutter kick on their backs to the starting point.

- Long body
- Fast flutter kick, maintain good body position
- Streamlined body position
- Continuous flutter kick
- Rotation along long axis
- Correct timing of breath
- Fast flutter kick
- Making the water boil
- Kick initiated from hip not knee
- Fast flutter kick
- Established breathing
- Elbows locked
- Body tucked in position
- Head leads action
- Hand and arm sculling used effectively
- Rotation in single plane

# WAIKATO BLUE - LESSON SEVEN



## ACTIVITY

## MUST SEE

### Intro

#### Shallow dive (depending on length)

In the crouch position, push off the wall as far as possible. Adopt a streamlined position and enter the water almost horizontally. As soon as the body starts to slow momentum, commence kicking and then arm action.  
Deep water only.

- Toes curled over edge
- Lock hands, lock head
- Push off edge, aiming for flight
- Stretch, aiming finger tips out
- Hands enter water first
- Legs straight on entry
- Glide through water, kick

### main activities

#### Back - Kicking

Practice streamline in back position, extending distance

#### Backstroke – endurance

Swim backstroke (4 lengths of the pool).

#### Backstroke – Kick Sprints

Swim 25m backstroke kick sprints with rest intervals (4 lengths of the pool).

#### Freestyle – kicking

Practice freestyle kicking in streamline position without kickboard (2 lengths of the pool). One armstroke to one breath

#### Backstroke/Freestyle/Breaststroke

(2x free, 2x backstroke, 1 x breaststroke)

Repeat for endurance training

- Streamlined body positions
- Continuous flutter kick
- Established breathing pattern

- Streamlined body position
- Continuous flutter kick
- Opposite arms

- Fast continuous flutter kick
- Knees aren't breaking water
- Established breathing pattern

- Ensure arms locked in streamline position. No gaps
- Fast flutter kick
- Making water boil

## GAME

#### Overhead body passing

2 teams standing in lines facing a pool end, one behind each other.

On the command 'GO' player 1 lies on back with arms by side others will pull this player by the arms over their head along the tube. This continues till everyone has a turn.

#### Rotisserie

Players perform a designated number of kicks (four or eight) in four positions - face down, on left side, on back on right side - while completing a roll over. Arms held by the side.

# WAIKATO BLUE - LESSON EIGHT



## ACTIVITY

## MUST SEE

## GAME

### Intro

#### Shallow dive (depending on depth)

Place a noodle one to two metres from the wall. Encourage entering the water almost in a horizontal position by diving over the noodle. Deep water only.

- Toes curled over edge
- Lock hands, lock head
- Push off edge, aiming for flight
- Hands enter water first
- Legs straight on entry
- Glide through water, kick
- Steer up

### main activities

#### Breaststroke – kicking

Holding over the top of the kickboard, practice breaststroke kick (4 lengths of the pool).

#### Breaststroke – arm action

Using noodles under the armpits, practice the breaststroke arm action (4 lengths of the pool).

#### Breaststroke

Practice swimming breaststroke with combined leg and arm action. Breathe every stroke. Count the number of strokes done. Repeat and try to reduce the amount of stroke for the second lap (4 lengths of the pool). Swim breaststroke holding the glide to the count of three seconds (2 lengths of the pool).

#### Backstroke/Freestyle/Breaststroke

(2x free, 2x backstroke, 1 x breaststroke)

- Heels to bum not knee to tum
- Feet turn out
- Kick out, kick down, together
- Glide 100, 200 with ankles together and arms in streamline position
- Symmetrical leg and arm action
- Scull out, scull in, hands forward
- Legs together and arms streamlining during side phase
- Streamlined body on front
- Symmetrical leg and arm actions
- Timing - arms, legs, glide
- Every time you use your arms, you breathe

#### Siamese Twins

In pairs tow on back using inverted breaststroke kick, tow partner under the armpits.

#### Surf Rescue

Players stand in water facing edge of pool holding rail, can have on both sides. They create waves- by pushing away from the wall and then push towards it.

First two players perform a contact tow, move down the tube - repeated until all pairs have had a turn.

Can work in two groups on either side of pool.



# WAIKATO BLUE - LESSON NINE



## ACTIVITY

## MUST SEE

### Intro

#### Shallow dive

Practice shallow dives combined with a few strokes of swimming. Simulate racing technique. Deep water only.

- Toes curled over edge
- Lock hands, lock head
- Push off edge aiming for flight
- Hands enter water first
- Legs straight on entry
- Glide through water, kick
- Steer up

### main activities

#### Dolphin Dives - streamline position

Standing in a streamline position, bend knees, dive forward into water. Complete 2 dolphin kicks, release hands and stand up

#### Dolphin Dives - arms extended

Practice kicking in time with the upper arm action, use a kickboard for the lower arm which is fully extended above head (2 lengths of the pool).

#### Dolphin Dives - under water arm action

Practice arm action using both arms while standing in water.

- "Dive, wriggle - wriggle, stand up"
- Whole body needs to go through one hole
  
- Thumbs down, arms wide (starting position)
- As above but initial standing position with arms out
  
- Thumbs down, arms wide (starting position)
- As above but initial standing position with arms out

## GAME

#### Poison Jellyfish

Participants make a circle formation in deep end. The balloon or ball (poison jellyfish) is placed in the centre of the circle.

Participants tread water while trying to move the poison jellyfish by splashing with their hands. Aim is to try and not touch the poison jellyfish.

Please note: diving in deep water only, not school pools

# WAIKATO BLUE - LESSON TEN



## Intro

### ACTIVITY

**Safe entries**  
'Scenario entries'

### MUST SEE

- Choose an entry that is suitable for an area where the depth and state of bottom is unknown
- Choose an entry that is suitable to use if on a boat in the sea
- Choose an entry when water is deep and clear of obstacles
- Choose an entry when entering the water from a boat ramp

### MUST SEE

**Scenario entries**  
Participants line up at the edge of the water. Assign each participant at a different water environment then each participant needs to select an entry suitable for that condition

## main activities

**Endurance**  
Swim continuously for 100m; 25m freestyle, 25m backstroke, 25m breaststroke and 25m survival backstroke or sidestroke with correct kicking, breathing and arm action.

**Butterfly – kicking**  
Torpedoes with dolphin kick action.

**Butterfly**  
Swim butterfly with correct leg, arm and breathing action (length of school pool).

**Forward somersaults**  
Practice forward somersaults ensuring a tucked position.  
Swim freestyle into the wall doing a full somersault just before the wall (tumble-turn progression).

- Streamlined body position
  - Continuous flutter kick
  - Push and pull phases
  - Body rotation on long axis
  - Correct technique demonstrated
- 
- Streamline body position
  - Arms extended in streamline
  - Continuous kick from hip not knees
- 
- Attempt simultaneous and symmetrical action over the top of the water
  - Attempt correct breathing technique, raising head forwards
- Under the water;
- Circle
  - Triangle
- 
- Body in tucked position
  - Head leads action
  - Hand and arm sculling used effectively
  - Rotation in single plane

### GAME

**Survival Sequence**  
Dressed in swimwear- survival sculling, floating or treading water for 4 minutes. Perform a feet first surface dive and swim underwater for a short distance. Swim slowly for 6 minutes using three survival strokes, changing strokes after each minute. Clothing may be removed.

**Rollover ball**  
In a line one behind each other, lie on back commence a stationary scull. The leader places ball between feet , attempt to pass it over the head and pass it on while maintaining their sculling action.