

WAIKATO GREEN - LESSON ONE



ACTIVITY

MUST SEE

Intro

Fall in entry

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

Safe and confident entry

- On entry, body tucked to slow downward movement
- Exit unassisted from deep water using the edge
- Kicking vigorously and fully extend arms to support body, place knee or foot on pool edge

main activities

Freestyle - Kicking

Freestyle kicking with kickboard. Arms over board. Head up.

Freestyle side kicking with kickboard. Ensure swimmer uses both sides equally.

Freestyle - Breathing Position

Kicking on side with board.

Repeat without board.

Freestyle - Rotation Drill

Holding board with one hand, do 12 fast freestyle kicks while kicking on side.

Then lift 'elbow up' and then bring 'elbow forward' letting body roll into prone position.

Move onto other side and repeat.

Backstroke - Kicking

Backstroke kicking holding kickboard over knees.

Shoulder roll drill with hands by side, keeping head still, roll right shoulder up for six kicks then roll the left shoulder up for six kicks, continue sequence (2x25m).

Submersion

Play 'Noughts and crosses'.

- Continuous flutter kick
- "Fast feet, long legs"

- Ensure ear in front of shoulder. Side of face in water from the hairline to the chin.
- Ensure the palm of hand sits on water, not above or under while kicking in breathing position.

- Body right on side
- Ear touching arm, close to armpit
- "12 kicks, elbow up, elbow forward"

- Continuous flutter kick
- Natural breathing

- Submerge head or feet first confidently
- Body should be completely submerged
- Swim underwater using arms and legs
- Open eyes underwater to locate object and retrieve
- Blink eyes to remove water on surfacing

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.

Noughts and Crosses

One team has dive rings and one team has dive sticks.

The noughts and crosses can be marked out with other participant's rope or noodle or hoops. One participant places the dive ring in one of the nine squares by swimmer underwater. The next participant places a dive stick in another square.

Continue until there are either three dive rings or sticks across, down or diagonal.



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WAIKATO GREEN - LESSON TWO



ACTIVITY

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GAME

Intro

Fall in entry

'Ten green frogs'.

Torpedoes

Practice front and back torpedoes increasing distance each time.

Safe and confident entry

- On entry, body tucked to slow downward movement
- Exit unassisted from deep water using the edge
- Kicking vigorously and fully extend arms to support body, place knee or foot on pool edge to climb out

Ten Green Frogs

Players line up on pool edge, spaced apart. Each player is given a number 1-10. When their number comes up in the song they enter the water using a slide-in entry.

"Ten green frogs sitting on the wall x2 and if one green frog should accidentally fall, there will be nine green frogs sitting on the wall..."

main activities

Backstroke - Kicking

Practice backstroke with arms sculling by the side.

Shoulder roll drill with hands by side, keeping head still, roll right shoulder up for six kicks then roll the left shoulder up for six kicks, continue sequence.

Backstroke - Arm Action

One arm drill. Practice right arm with kicking. Practice left arm with kicking. Emphasise body rotation.

Practice swimming backstroke with correct kicking and arm action.

Freestyle Breathing

Holding bottom of kickboard with one hand, do six kicks face down, lying flat. Then do six kicks on side, mouth out and ear in water. Repeat sequence for set distance.

Freestyle - Rotation Drill

Holding board with one hand, do 12 fast freestyle kicks while kicking on side. Then lift 'elbow up' and then bring 'elbow forward' letting body roll into prone position. Move onto other side and repeat.

- Streamlined body position
- Continuous flutter kick
- Natural breathing

- Arms straight over the top of the water
- Thumb exits water first
- Turn thumb down (so hand rotates through 180°)
- Little fingers water
- Like in freestyle start fast feet and add slow arms
- Bubble (humming)
- Ear in front of shoulder when in breathing position
- Six kicks in breathing position, roll face back into water. No lifting of head
- Body right on side
- Ear touching arm, close to armpit
- "12 ckicks, elbow up, elbow forward"

The Dredger

Each person uses a flutter kick to cross the pool holding kickboard stretched out in front, vertical and at least 30 centimetres below the surface

Hoop Dive

Working in even groups ½ the class form a circle holding hoops between them. The other ½ of the class tread water each inside a hoop but not holding it. When instructor says "One place change" each free swimmer does a feet-first dive to clear the hoop and then swims underwater to the next one to the right surfacing within. Instructor can call for a two - or three place change.

Kickboard Sculling

Participants place kickboard flat behind the knees and sit on it.

The instructor gives direction of movement:

- Sit on board and spin around in a circle using hands
- Move forwards 'row your boat' (use breast-stroke arms)
- Move backwards 'row your boat'
- Kneel on board using sculling for balance
- Lie on board move forwards and backwards with arm movements only



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WAIKATO GREEN - LESSON THREE



ACTIVITY

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GAME

Intro

Kneeling Dive

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

- Kneel on dominant leg on pool edge with toes of other foot curled over edge
- Lock hands, lock Head
- Push off edge to submerge and glide through water
- Steer up and end in secure upright position

main activities

Backstroke - Kicking

Practice backstroke with arms sculling by the side.

Shoulder roll drill with hands by side, keeping head still, roll right shoulder up for six kicks then roll the left shoulder up for six kicks, continue sequence.

- Streamlined body position
- Continuous flutter kick
- Natural breathing

Freestyle Breathing

Holding bottom of kickboard with one hand, do six kicks face down, lying flat. Then do six kicks on side, mouth out and ear in water. Repeat sequence for set distance.

- Bubble (humming)
- Ear in front of shoulder when in breathing position
- Six kicks in breathing position, roll face back into water. No lifting of head

Freestyle - Rotation Drill

Holding board with one hand, do 12 fast freestyle kicks while kicking on side.

Then lift 'elbow up' and then bring 'elbow forward' letting body roll into prone position.

Move onto other side and repeat.

- Body right on side
- Ear touching arm, close to armpit
- "12 kicks, elbow up, elbow forward"

Dolphin Kicking

Demonstrate and practice dolphin kick.

Hoop Towing

Each pair of swimmers hook their feet under the rim of a hoop, lying opposite one another. On the word "GO" the one whose head is towards 'open' water sculls head first, towing the other feet first across or up the pool. When the pair reach the end, they reverse roles.

Siamese Twins

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



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WAIKATO GREEN - LESSON FOUR



ACTIVITY

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GAME

Intro

Kneeling dive

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

- Kneel on dominant leg on pool edge with toes of other foot curled over edge
- Lock hands, lock Head
- Push off edge to submerge and glide through water
- Steer up and end in secure upright position

main activities

Backstroke - Arm Action

One arm drill. Practice right arm with kicking. Practice left arm with kicking. Emphasise body rotation.

Practice swimming backstroke with correct kicking and arm action.

Freestyle - Rotation Drill

Holding board with one hand, do 12 fast freestyle kicks while kicking on side.

Then lift 'elbow up' and then bring 'elbow forward' letting body roll into prone position.

Move onto other side and repeat.

Repeat drill with 6 kicks on side then 3 slow arms on board.

Breaststroke - Arm Action

Using water noodles under the armpits, practice the breaststroke arm action walking.

- Arms straight over the top of the water
- Thumb exits water first
- Turn thumb down (so hand rotates through 180°)
- Little fingers water
- Like in freestyle start fast feet and add slow arms
- Body right on side
- Ear touching arm, close to armpit
- "12 ckicks, elbow up, elbow forward"

- Noodle in armpits
- Scull out (and slightly up)
- Scull in (with Robot arms)
- Hands forward
- Pause

Ball Juggling Torpedo

In teams, leader lies on their back and performs a flutter kick across the pool, meanwhile passing the ball or kickboard from hand to hand with arms fully extended above the body.

Siamese Twins

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



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WAIKATO GREEN - LESSON FIVE



ACTIVITY

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GAME

Intro

Safe entries

“Ten green frogs”

- Safe and confident slide-in entry
- Hold side of pool
- Twist body to face the wall while slowly lowering the body into the water
- Feel for depth and obstacles with feet
- Safely exit by holding side of pool, kicking vigorously. Place knee on pool edge to climb out

Ten Green Frogs

Players line up on pool edge, spaced apart. Each player is given a number 1-10. When their number comes up in the song they enter the water using a slide-in entry.

“Ten green frogs sitting on the wall x2 and if one green frog should accidentally fall, there will be nine green frogs sitting on the wall...”

main activities

Backstroke - Kicking

Practice backstroke with arms sculling by the side.

Shoulder roll drill with hands by side, keeping head still, roll right shoulder up for six kicks then roll the left shoulder up for six kicks, continue sequence.

Freestyle - Rotation Drill

Holding board with one hand, do 12 fast freestyle kicks while kicking on side.

Then lift ‘elbow up’ and then bring ‘elbow forward’ letting body roll into prone position.

Move onto other side and repeat.

Repeat drill with 6 kicks on side then 3 slow arms on board.

Breaststroke - Kicking

In water holding onto the edge of the pool practice breaststroke kick.

Push off, glide, kick (one breaststroke kick), glide and recover to a standing position. Holding over the top of the kickboard practice breaststroke kick.

- Streamlined body position
- Continuous flutter kick
- Natural breathing

- Body right on side
- Ear touching arm, close to armpit
- “12 kicks, elbow up, elbow forward”

- Streamlined body position
- Draw feet back towards buttocks
- Feet turn out
- Feet sweep out, back, together. Pause 1, 2
- Symmetrical and simultaneous leg action
- Flotation aid maybe used for support

Hoop Undressing

Hoops strung together on the surface, all players are dressed in clothes. On the word “GO” the first player enters the water swims to the hoop and ducks into the centre. Remaining inside the hoops, the swimmers have to remove their clothing and let it drop to the bottom, then surface dive to retrieve it and swim with it to the side. It is then the turn of the next person in each team.

Dive Brick Relay

Organise participants into teams with each team lining up.

A dive brick for each team is submerged a distance away ensuring that the depth is appropriate for ability. On the signal “GO” the first participants swim breaststroke out to the dive bricks. Surface dive to recover the dive brick and swim survival backstroke to the starting point while holding brick on chest. The next player does the opposite - swim survival backstroke to the dive brick, submersion point holding brick they surface dive and place dive brick on the bottom. Swim breaststroke back to starting point. The team to complete the relay wins first.



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WAIKATO GREEN - LESSON SIX



ACTIVITY

MUST SEE

GAME

Intro

Compact Jump

Practice compact jumps from a height (like a diving block- ensure water is deep). Cover mouth and nose with hand. Other arm crosses body to hold elbow. Enter the water with legs straight, toes pointed. Knees slightly flexed ready to give when pool floor is touched.

- Safe and confident entry
- On entry, body tucked to slow downward movement
- Exit unassisted from deep water using the edge
- Kicking vigorously. Place knee or foot on pool edge to climb out

main activities

Freestyle - Rotation Drill

Holding board with one hand, do 12 fast freestyle kicks while kicking on side.

Then lift 'elbow up' and then bring 'elbow forward' letting body roll into prone position.

Move onto other side and repeat.

Repeat drill with 6 kicks on side then 3 slow arms on board.

Backstroke - Kicking

Backstroke kicking with arms fully extended in streamline position above head.

Backstroke - Arm Action

One arm drill. Practice right arm with kicking. Practice left arm with kicking.

Dolphin Kicking

Demonstrate and practice dolphin kick.

- Body right on side
- Ear touching arm, close to armpit
- "12 kicks, elbow up, elbow forward"

- Fast little kicks

- Streamlined body position
- Continuous flutter kick
- Natural breathing
- Pull and push phase of stroke with straight arm recovery

Over & 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 hold the noodles. Hoops are held vertically. One at a time go over noodle and under through hoop, using dolphin kick if possible.



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WAIKATO GREEN - LESSON SEVEN



ACTIVITY

MUST SEE

GAME

Intro

Kneeling Dive

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

- Streamline arms squeezing behind the ears
- Toes over edge of pool

main activities

Backstroke

Swim set distance backstroke with good technique.

Backstroke/Freestyle

Swim four strokes backstroke, rotate onto front, swim four strokes freestyle without a breath. Continue for set distance.

Freestyle

Practice swimming freestyle with correct kicking, breathing and arm action for set distance, holding kickboard. Repeat without kickboard.

- Fast feet
- Slow opposite arms
- Ensure swimmers are exhaling

- Swimmers need to look like a pig on a spit (head stays in line with body)

- Fast feet
- Slow arms
- Correct breathing position (ear touching arm, close to armpit)

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. This can be done on the back, first swimmers legs hooked under the armpits of the second.

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.



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WAIKATO GREEN - LESSON EIGHT



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 streamline position above the head. Push off the wall stretching out into a streamlined position to enter the water encouraging a long glide (swimmers may continue with kneeling dive if not confident)

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

main activities

Backstroke/Freestyle

Swim four strokes backstroke, rotate onto front, swim four strokes freestyle without a breath. Continue for set distance.

Freestyle

Practice swimming freestyle with correct kicking, breathing and arm action for set distance, holding kickboard. Repeat without kickboard.

Breaststroke - Kicking

In water holding onto the edge of the pool practice breaststroke kick.

Push off, glide, kick (one breaststroke kick), glide and recover to a standing position. Holding over the top of the kickboard practice breaststroke kick.

Breaststroke - Arm Action

Using water noodle under the armpits, practice the breaststroke arm action walking.

- Swimmers need to look like a pig on a spit (head stays in line with body)

- Fast feet
- Slow arms
- Correct breathing position (ear touching arm, close to armpit)

- Streamlined body position
- Draw feet back towards buttocks
- Feet turn out
- Feet sweep out, back, together. Pause 1, 2
- Symmetrical and simultaneous leg action
- Flotation aid maybe used for support

- Noodle in armpits
- Scull out (and slightly up)
- Scull in (with Robot arms)
- Hands forward
- Pause

Siamese Twins

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

Kicking Battle

Pair up. One kickboard per pair. Hold opposite sides of the board.

When whistle goes, swimmers take feet off the bottom and kick against each other. Pairs kick until whistle goes again to indicate finish. Repeat.

Pinball

Players lie in a supine position with their feet towards each other. The ball is placed in such a position that together they can hold it between the soles of their feet. They then scull - one going feet first and the other head first- to the other side of the pool.



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WAIKATO GREEN - LESSON NINE



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 streamline position above the head. Push off the wall stretching out into a streamlined position to enter the water encouraging a long glide (swimmers may continue with kneeling dive if not confident).

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

main activities

Freestyle

Practice swimming freestyle with correct kicking, breathing and arm action for set distance, holding kickboard. Repeat without kickboard.

- Fast feet
- Slow arms
- Correct breathing position (ear touching arm, close to armpit)

Backstroke - Arm Action

One arm drill. Practice right arm with kicking. Practice left arm with kicking. Emphasise body rotation.

- Arms straight over the top of the water
- Thumb exits water first
- Turn thumb down (so hand rotates through 180°)
- Little fingers water
- Like in freestyle start fast feet and add slow arms

Practice swimming backstroke with correct kicking and arm action.

Tucked Body Rotation

Tuck the knees towards the chest, using hand sculling actions rotate the body around, keeping the face above water.

Butterfly - Kicking

Practice dolphin kick in streamline position on front and back for set distance.

There and Back

In a team of eight, seven players line up at one end. Number 1 stands at the other end. On the word "GO" number 1 dives in to water, number 2 grasps that player in the designated contact tow and swims to starting point. Number 2 then returns for number 3, etc.



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WAIKATO GREEN - LESSON TEN



ACTIVITY

GAME

Intro

Forward Somersaults (land activity)

On soft surface, crouch into ball. Place hands on surface in front (shoulder width apart). Tuck chin in, lean forward and roll.

Scenario entries

main activities

Freestyle Rotation Drill

Holding board with one hand, do 6 fast freestyle kicks while kicking on side.

Then lift 'elbow up' and move 'elbow forward', letting body roll into prone position. Do three slow arm strokes and finish on the other side.

Repeat doing 2 kicks on side, then 3 strokes in the middle.

Repeat 2 kicks, 3 strokes without the kickboard.

Tucked Body Rotation

As above, but in the water pushing off the bottom.

Freestyle

Practice swimming freestyle with correct kicking, breathing and arm action for set distance, holding kickboard. Repeat without kickboard.

MUST SEE

- 6 kicks, 3 strokes
- No breathing during the 3 strokes

- 2 kicks, 3 strokes
- No breathing during the 3 strokes

- Chin on skin

- Fast feet
- Slow arms
- Correct breathing position (ear touching arm, close to armpit)

Kicking Battle

Pair up. One kickboard per pair. Hold opposite sides of the board.

When whistle goes, swimmers take feet off the bottom and kick against each other. Pairs kick until whistle goes again to indicate finish. Repeat.



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