

WAIKATO ORANGE - LESSON ONE



Intro

ACTIVITY

Slide-in entry

Sitting on edge of pool, put two hands on pool deck, twist around towards hands, gently lower the body feet first (repeat).

MUST SEE

Assisted 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 obstacles with their feet
- Safely exit by holding side of pool with both hands. Place knee on pool edge to climb out.

GAME

In and Out

All students line up on edge of pool. On signal enter water safely and wade as fast as possible to designated line.

Submerge, come up, turn around and race back to start. First one out of pool is the winner.

main activities

Buoyancy

Explore ways of using a flotation aid (for example a chilly bin, bucket, kick board etc) for a front float, a back float and a side float.

Back float, recover to stand.

Kicking

Practice kicking holding the edge of the pool

Propulsion - Gliding & Kicking

Practice push and glide on front – encourage gliding for at least five seconds.

Push off on front with arms extended, with and without kick board.

Practice push and glide on back – encourage gliding for at least five seconds with and without kickboard.

Breathing

Yo-yo breathing – increase number of breaths without stopping or becoming breathless – encourage increased duration of exhalation underwater.

Horizontal Arm Sculling

Demonstrate to students sculling.

Flutter kick on back with hands by sides attempting sculling hands.

- Maintain a relaxed and controlled floating position (front, back and side)
- Rotate body by using sculling actions and head and shoulder rotation
- Move from one floating position to another without touching the bottom

- Long legs
- Flippy floppy feet
- Big toes touching
- Fast feet

- Flat hands, loose wrists
- Thumbs up and in
- Thumbs down and out

Jellyfish Whistle

Participants line up at a starting line in waist to chest deep water.

On signal 'Go' they start wading as fast as possible toward a previously designated finish line.

When instructor blows a whistle, everyone must stop immediately and do a jellyfish float.

When two short blasts are blown on the whistle, they may continue wading.

The jellyfish whistle should be blown several times before the finish line is reached. The participant who gets to the finish line first is the winner.

Musical Floating

Place kickboards in the centre of the circle. While the instructor claps, the participants move around the circle. Once instructor stops, each participant must grab a kickboard and float using the aid.

Variations: can remove aids each round and person who misses out grabbing is eliminated.



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WAIKATO ORANGE - LESSON TWO



Intro

ACTIVITY

Slide-in entry

Sitting on edge of pool, put two hands on pool side, twist around towards hands, gently lower the body feet first.

MUST SEE

Safe and confident entry and exit including:

- Climbing in & out using ladder
- Walking up and down
- Two hands on the side and twist in. Toes slide down the side of the pool

GAME

In and Out

All students line up on edge of pool. On signal enter water safely and wade as fast as possible to designated line.

Submerge, come up, turn around and race back to start. First one out of pool is the winner.

main activities

Buoyancy

Back float, recover to standing position.

Propulsion - Gliding & Kicking

Practice push and glide on front – encourage gliding for at least five seconds.

Push off on front with arms extended, with and without kick board.

Practice push and glide on back – encourage gliding for at least five seconds with and without kickboard.

Freestyle - Arm Action

Freestyle arm movement holding kickboard with face in water (humming). Encourage as many arms as possible without breathing (to a maximum of 6).

Practice freestyle arms without kickboard or breathing (to a maximum of 6).

Horizontal Arm Sculling

Standing in water with arms in front, practice sculling hands.

- Maintain a relaxed and controlled floating position (front, back and side)
- Rotate body by using sculling actions and head and shoulder rotation
- Move from one floating position to another without touching the bottom

- Long legs
- Flippy floppy feet
- Big toes touching
- Continuous fast flutter kick
- Horizontal body position with face fully submerged
- Face remains in water slowly exhaling through both mouth and nose

- Slow windmill arms
- Little finger exits water first

- Thumbs up and in
- Thumbs down and out

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

Mexican Wave

Players form a circle and hold hands. Designate a leader.

The leader squeezes the hand of another player on one side, which will determine the direction the Mexican wave will go.

The player takes a breath and goes under water, squeezes the hand of the following person. They remain underwater until they need a breath.

The process repeated until all participants have been underwater.

Change direction at any time.

Players are bobbing up and down underwater creating a "Mexican Wave".



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WAIKATO ORANGE - LESSON THREE



Intro

ACTIVITY

Slide-in entry

Practice slide-in entry in deep water. Monkey walk around the edge to shallow water to exit.

MUST SEE

Assisted 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 obstacles with their feet
- Safely exit by holding side of pool; with both hands to support body. Place knee on pool edge to climb out.

GAME

Slithering Snakes

Sitting along pool edge.

One at a time they slide into the water slowly with control trying not to make any splash and alert the 'prey'.

Practice using two methods: twisting to face the wall, bending elbows to lower their body and sliding in facing the water.

main activities

Buoyancy

In a circle hold hands. Every second participant floats on front while others stand.

Swap and then try floating on backs.

Freestyle - Kicking

Practice kicking with a kickboard.

Freestyle - Arm Action

Freestyle arm movement holding kickboard with face in water. Encourage as many arms as possible without breathing (to a maximum of 6).

Freestyle arms without kickboard.

Horizontal Arm Sculling

Standing in water with arms in front, practice horizontal arm sculling movement.

- Maintain a relaxed and controlled floating position (front, back and side)
- Rotate body by using sculling actions and head and shoulder rotation
- Move from one floating position to another without touching the bottom

- Long legs
- Flippy floppy feet
- Big toes touching
- Horizontal body position with face fully submerged

- Slow windmill arms
- Little finger exits water first

- Thumbs down and out
- Thumbs up and in

'Safety Simon Says'

All participants spread out.

The instructor acts as 'Safety Simon'.

'Safety Simon' calls out an action e.g. "Safety Simon says float on your back".

Participants do what 'Safety Simon says'. When 'Safety Simon' gives an instruction to do an action without saying 'Safety Simon Says' first e.g. "Float on your back" then whoever does it is out. Last person standing is the winner.

Breath Control Traffic Lights

One participant is selected to be 'it' and stands at one end of the pool with their back to the other end and eyes closed.

Rest of participants start from the other end.

'It' blows the whistle, calls "Green Light" participants start walking through water.

When 'It' blows the whistle and calls "Red light stop" 'It' turns around and open eyes. Rest of participants must stop walking and go into a mushroom float. They must then blow out all the air as fast as possible and sink to the bottom of the pool. First person to come up will go and join 'It'.



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WAIKATO ORANGE - LESSON FOUR



Intro

ACTIVITY

Slide-in entry

Practice slide-in entry in deep water.
Monkey walk around edge to shallow water to exit.

MUST SEE

Assisted 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 obstacles with their feet
- Safely exit by holding side of pool with both hands. Place knee on pool edge to climb out.

GAME

In and Out

All students line up on edge of pool.
On signal enter water safely wade as fast as possible to designated line.
Submerge, come up, turn around race back to start. First one out of pool is the winner.

main activities

Freestyle - Kicking

Flutter kick on front in streamline position.

Freestyle - Arm Action

Freestyle arm movement on kickboard with face in water. Encourage as many arms as possible without breathing (to a maximum of 6).

Freestyle arms without kickboard (to a maximum of 6).

Backstroke - Kicking

Flutter kick on back without kickboard.

Shoulder roll drill – keeping head still, roll right shoulder up for six kicks then roll the left shoulder up for six kicks, continue sequence.

Horizontal Arm Sculling

Standing in water with arms in front, practice sculling hands. Attempt bending knees so feet aren't touching the bottom.

- Long legs
- Flippy floppy feet, big toes touching
- Fast feet
- Horizontal body position with face fully submerged
- Continuous flutter kick action
- Face remains in water slowly exhaling through both mouth and nose

- Eyes to Sky
- Chin Up
- Ears Under

Torpedoes

Participants line up against the wall in the 'Torpedo ready position' - streamlined with arms fully extended above head, feet together ready to push off.

Instructor explains to each torpedo at 'blast off' the instructor shouts 'Torpedo 1, 2 or 3'. The participants have to do the skills which correspond to the command.

Torpedo 1= push and glide (no kick)

Torpedo 2= push, glide and kick

Torpedo 3= push, glide. Kick and arms

The torpedoes can be done on front or back positions.

Circle Scull

In tuck position scull around in circle one way then the other.



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WAIKATO ORANGE - LESSON FIVE



Intro

ACTIVITY

Slide-in entry

Practice slide-in entry in deep water.
Exit from deep water by crawling out over edge.

MUST SEE

Assisted 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 obstacles with their feet
- Safely exit by holding side of pool with both hands. Place knee on pool edge to climb out.

GAME

Slithering Snakes

Sitting along pool edge.
One at a time they slide into the water slowly with control trying not to make any splash and alert the 'prey'.
Practice using two methods: twisting to face the wall, bending elbows to lower their body and sliding in facing the water.

main activities

Freestyle - Arm Action - Walking

Freestyle arm movement holding kickboard with face in the water. Encourage as many arms as possible without breathing (to a maximum of 6).

Freestyle arms without kickboard (to a maximum of 6).

Freestyle - Arm Action - Kicking

Repeat as above. Establish fast flutter kick before starting slow arms.

Backstroke - Kicking

Flutter kick on back with kickboard. Repeat without kickboard.

Shoulder roll drill – holding kickboard over knees, keeping head still, roll right shoulder up for six kicks then roll the left shoulder up for six kicks, continue sequence.

Now repeat without kickboard, hands by side.

- Long legs
- Flippy floppy feet
- Big toes touching
- Fast feet

- Horizontal body position with face fully submerged
- Continuous flutter kick

- Face remains in water slowly exhaling through both mouth and nose

- Big, slow windmill arms
- Fast feet and slow arms

- Eyes to Sky
- Chin Up
- Ears Under

Side Float Races

In relay teams, float on side using aid, tag next team member till everyone in team have had a go.

Use varying aids.

'Torpedo Tube'

2 teams standing sideways on almost shoulder to shoulder.
On the command 'GO' player 1 lies in breathing position. Others will pull this player by the arms along the 'torpedo tube'. This continues till everyone has a turn.

Sculling Relay

In relay teams, scull head first/feet first, tag next team member till everyone in team have had a go.



WAIKATO ORANGE - LESSON SIX



Intro

ACTIVITY

Sitting Dive

Practice a sitting dive over a noodle or through a hoop (may be assisted).

MUST SEE

- "Lock Hands"
- "Lock Head"
- "Steer Up"
- "Squeeze arms behind ears"

GAME

In Water

Diving over noodles and steer up.
Diving over and under noodles steer up through hoop.

main activities

Freestyle - Arm Action - Walking

Freestyle arm movement holding kickboard with face in the water. Encourage as many arms as possible without breathing (to a maximum of 6).

Freestyle arms without kickboard (to a maximum of 6).

Freestyle - Arm Action - Kicking

Repeat as above. Establish fast flutter kick before starting slow arms.

Backstroke - Kicking

Flutter kick on back with kickboard. Repeat without kickboard.

Shoulder roll drill – holding kickboard over knees, keeping head still, roll right shoulder up for six kicks then roll the left shoulder up for six kicks, continue sequence.

Now repeat without kickboard, hands by side.

- Long legs
- Flippy floppy feet
- Big toes touching
- Horizontal body position with face fully submerged
- Continuous flutter kick action
- Face remains in water slowly exhaling through both mouth and nose
- Big, slow windmill arms
- Slow arms and fast feet
- Eyes to Sky
- Chin Up
- Ears Under

Kickboard Toss

Teams of four working from the edge. Hoops joined up with rope - 1 metre apart in a line then tied at each end of pool.

Members of each team line up on edge of pool opposite a hoop. Aim is to throw the kickboards so that they land within the hoop. Each player uses all three kickboards and scores one point each successful throw. When number 1 has thrown each board, that player enters the water retrieves the boards and return to member 2 and so on until all team members have had a turn.

'Duck for Oyster Relay'

Participants stand in waist deep water one behind the other in a line. Allow about one metre distance between players.

The first participant in each line has a diving brick, heavy dive ring, large stone or similar object acts as the 'oyster'.

At the start the first participant on each team holds the 'oyster' over his head and on the starting signal they drop it behind them into space between themselves and the next in line. The next participant ducks under, retrieves the object stands up, and drops it behind him and so on until the 'oyster' has reached the last in the line. The participant retrieves the brick and runs to the front of the line. Everyone moves back a place and the actions starts all over again. The team to get all players back to their original place first wins



WAIKATO ORANGE - LESSON SEVEN



Intro

Sitting Dive

Practice a sitting dive over a noodle or through a hoop (may be assisted).

ACTIVITY

MUST SEE

- "Lock Hands"
- "Lock Head"
- "Steer Up"
- "Squeeze arms behind ears"

Kicking & Submersion

'Am I hot or cold?'

Horizontal Arm Sculling

Standing in water with arms in front, practice sculling hands. Attempt bending knees so feet aren't touching the bottom.

Kicking - Survival Backstroke

Practice survival backstroke kick while sitting on the edge of the pool.

Holding a kickboard over knees, practice survival backstroke kick, on back, in pool.

Freestyle - Arm Action - Walking

Freestyle arm movement holding kickboard with face in the water. Encourage as many arms as possible without breathing (to a maximum of 6).

Freestyle arms without kickboard (to a maximum of 6).

Freestyle - Arm Action - Kicking

Repeat as above. Establish fast flutter kick before starting slow arms.

- Legs straight, toes pointed
- Drop ankles to wall
- Turn feet out (knees stay together)
- Kick out, up, together
- Pause, count 1, 2
- Big, slow windmill arms
- Fast feet and slow arms

GAME

"Am I hot or cold?"

All participants sit along the edge of the pool. One person is turned away with eyes closed. The instructor submerges the object somewhere in the water.

The person enters the water and commences looking for the submerged object. The rest of the participants kick their legs. They kick hard and fast when the person is close to the object (hot) and softly when the person is far or moves away from the object (cold). This continues until they find the object and submerge to collect it.

Variation: Different kicks can be used, participants can be in the water kicking on the side or kicking in a circle using kickboards. The 'it' can be blindfolded for more advanced students.

Don't Catch Me

Select one person to be 'it'. Participants form a circle with 'it' in the middle. At the first line of the rhyme all participants including 'it' drops their dive ring in front of them.

At the word "me" all participants dive under to get their dive ring and try to swim back to side of pool. 'It' does the same but tries to tag someone before they reach the side. First participant tagged becomes 'it'.

All together they say:
"Over the water, Under the sea, Try to catch a fish, But don't catch me!"

main activities



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WAIKATO ORANGE - LESSON EIGHT



Intro

ACTIVITY

Step in entry

Step gently out and down (not jump). Knees slightly flexed ready to give when pool floor is touched.

Arms out to the side, leaning slightly forward

main activities



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Buoyancy

Practice floating in lots of different shapes – use letters such as I, T, V, Y, X.

Kicking

Practice freestyle and backstroke kicking with kickboard.

Practice survival backstroke kick with kickboard.

Practice all of the above without kickboard.

Kick on Side

One hand on bottom of kickboard. Fingers on top, thumb underneath.

Flutter kick with body right on side. Return using other hand on board.

Survival Sculling

Practice sculling on back in water – can you move?

Horizontal Arm Sculling

Practice sculling with hands with own choice of leg action.

MUST SEE

- Attempt to move from letter to letter without touching the bottom
- Long legs
- Flippy floppy feet
- Big toes touching, continuous flutter kick action
- When on back, horizontal body position with eyes looking up and ears in the water
- Eyes to Sky
- Chin Up
- Ears Under

GAME

'Floating Letters'

The instructor selects letters of the alphabet such as I, X, T, U, C.

Participants need to float in the shape of the letters

Variations: Try in pairs and select more difficult letters S, O, K, P.

In small groups try to form a short word.

The Dredger

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

Marching Soldier

Swimmers lie on their backs with left arms fully extended above the head and right arms fully extended along right leg. On the word "GO" they perform flutter kicks across the pool while constantly reversing the position of the arms (right arm above the head, left arm on the left leg) always keeping them out of water. Arms must never go under the water.

If the body is not streamlined and the kick is not good enough, the body will sink.

WAIKATO ORANGE - LESSON NINE



Intro

ACTIVITY

Step in entry

Step gently out and down (not jump). Knees slightly flexed ready to give when pool floor is touched.

Arms out to the side, leaning slightly forward

main activities

Buoyancy

Using an aid, float on front and rotate into back float position. Repeat without an aid.

On the front, float in any body shape position, changing shape to make a sequence of three body shapes.

Kicking

Flutter kick on front with then without kickboard.
Flutter kick on back with then without kickboard.
Flutter kick on side with kickboard.

Practice survival backstroke kick with kickboard.

Freestyle - Arm Action

Freestyle arms with kickboard, walking.
Freestyle arms with kickboard, kicking.

Backstroke Rotation

Shoulder roll drill – keeping head still, roll right shoulder up for six kicks then roll the left shoulder up for six kicks, continue sequence.

MUST SEE

- Long legs
- Flippy floppy feet
- Big toes touching

- Horizontal body position with face fully submerged
- Continuous flutter kick action

- Slow freestyle arms
- Fast feet

- Horizontal body position on back with eyes looking up and ears in the water
- Eyes to Sky
- Chin Up
- Ears Under

GAME

The Dredger

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

'Torpedo Tube'

2 teams standing sideways on almost shoulder to shoulder.
On the command 'GO' player 1 lies in breathing position. Others will pull this player by the arms along the 'torpedo tube' This continues till everyone has a turn.

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.



WAIKATO ORANGE - LESSON TEN



Intro

Slide-in entry

Play 'Slithering snakes'.

ACTIVITY

MUST SEE

GAME

Assisted 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 obstacles with their feet
- Safely exit by holding side of pool with both hands. Place knee on pool edge to climb out.

Slithering Snakes

Sitting along pool edge.

One at a time they slide into the water slowly with control trying not to make any splash and alert the 'prey'.

Practice using two methods: twisting to face the wall, bending elbows to lower their body and sliding in facing the water.

main activities

Buoyancy

Practice the back float and recovery using a range of shapes.

Practice the front float in a range of shapes including star, jellyfish, and mushroom.

Freestyle - Arm Action

Practice swimming freestyle with 4 – 6 arms, kicking and good body position. Stop stand up to breathe

Backstroke Rotation

Shoulder roll drill – keeping head still, roll right shoulder up for six kicks then roll the left shoulder up for six kicks, continue sequence.

Survival Sculling

Survival scull for 30 seconds and float for one minute with a flotation aid, then kick to safety.

Kicking - Survival Backstroke

Practice survival backstroke kick while sitting on the edge of the pool.

Holding a kickboard over knees, practice survival backstroke kick, on back, in pool.

- Long legs
- Flippy floppy feet
- Big toes touching
- Horizontal body position with face fully submerged
- Continuous flutter kick action

- Start fast feet
- Add slow arms

- Horizontal body position on back with eyes looking up and ears in the water
- Eyes to Sky
- Chin Up
- Ears Under

- Thumbs down and out
- Thumbs up and in

- Legs straight, toes pointed
- Drop ankles to wall
- Turn feet out (knees stay together)

- Kick out, up, together
- Pause, count 1, 2

'Safety Simon Says'

All participants spread out.

The instructor acts as 'Safety Simon'.

'Safety Simon' calls out an action e.g. "Safety Simon says float on your back".

Participants do what 'Safety Simon says'. When 'Safety Simon' gives an instruction to do an action without saying 'Safety Simon Says' first e.g. "Float on your back" then whoever does it is out.

Last person standing is the winner.



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