

LESSON PLANNING (a.k.a. Daily Planning)

1. An effective lesson plan should include the following details:

a) ALL LEVELS – Swim for Life & Lifesaving

- **Administrative details** = Instructor name, level, lesson #, time and date
 - **Introduction/Review of last lesson** = Game to start things off fun & fast
 - **Award Guide and/or Award Guide Page(s)** = manual or copies of pages with plan
 - **Skills to be taught** that lesson = NEW items early on
 - **Space required** = location in pool
 - **Safety precautions** = THINK AHEAD as to what could go wrong & note reminders about how to avoid these situations
 - **Activity details** = list game or stroke drill name + rules + songs & lyrics, student group combinations, etc.
 - **Ability adaptations** = progressions to ensure everyone is successful ... i.e. ways to make things easier & harder + former steps to go back to if issues arise + next steps to add on
 - **Formations** = use LOTS for variety + ensure everyone is in your view + deal with distractions + put self between students & danger
 - **Equipment** = 75% to 90% of time ...SOMETHING to help your visual learners
 - **Time** = for ALL activities> ones for Young=Lots & short; Older=Fewer & longer
 - **Creative/FUN fitness** = add fitness minutes + make stroke drills & endurance swims FUN ...be creative & think outside of box
 - **Wrap-Up Activity** = end class on a positive, up-beat note to review the day and possibly introduce what is coming next class!
 - **Back-up Plan** = just in case the weather is bad OR the area you wanted to use is not available OR another activity does not work OR another activity went faster than planned ...need to be able to work on strokes, rescues and safety knowledge in and out of water when you are working outdoors!
-

b) SWIM FOR LIFE levels only

- **Themes** = Have specialty days for all of your “young” classes; add a “focus” for each class of older students
-

c) Lifesaving levels only – Rookie Patrol & higher

- **References** = note resource materials & page numbers used to create activities or used to guide the candidates' practice sessions

2. Describe how you could make your lesson plan “GLANCEABLE”:

- e.g. Point form
-
-

3. Why bother with a lesson plan and/or having it with you in the pool?

- e.g. So you can be an effective instructor YET be lazy ...why remember if you can look it up!
-