

## Student 1 -Swimming Program

**Entry & Exit:** Student 1 enters/exit the water using the steps with a plastic stool also in the water to aid her entry/exit. Enablers required supporting Student 1.

**W/UP:** Choose from- Kangaroo jumps, Simon Says, star steps, jogging on the spot, spaceman walk, tag, moving using F/C or Br/s arms, blowing bubbles in the water, rotation arms in the water (similar to BC), spinning, jumping, sponge play

### Main:

**FC**→ Student 1 to kick feet whilst holding onto the side. Aim to increase the time Maddie is kicking for by five seconds from previous week **(TP: Splashy feet)**

**FC**→Progress to holding kickboard with (enabler holding other end **(TP: blow bubbles whilst kicking)**)

**FC**→ Whilst walking in the pool, Student 1 to use her arms alternatively to **(TP: Stretch and scoop)**

**FC**→Progress to using arms and legs together with woggle or small ball float underneath **(TP: Relax, splash feet and reach with arms)**

**Contrasting Activity:** Choose from- floating on back, floating to standing position, sculling hands from a standing position, collecting sunken treasure, push & glide;

**Brs**→ Student 1 to practice a 3 stage kick of straight→ bent→ wide whilst holding a woggle or float **(TP: wide legs when kicking out)**

**Brs**→ Walk doing Brs arms **(TP: hands together, push water away)**

**Brs**→ Practice arms and legs together with a woggle or thin float by the hips. Reduce the floating aid support Student 1 until she is independent.

**BC**→ With Student 1 holding a float by her chest get her to kick her feet for a specific amount of time **(TP: Keep feet in water-flick flip flops off)**

**BC**→ Practice walking backwards with arms rotating backwards **(TP: Arms like a windmill and pointing to the sky)**

**BC**→ Floating in the water, Student 1 practices her arms and legs together. Support Student 1 with one hand underneath her head and middle back.

**End Activity:** Get ticked off swimming skills for a specific swim level.

## Student 2- Swimming Program

**Entry and Exit:** Student 2 enters/exits the water independently using the steps.

**W/UP:** Choose from- Kangaroo jumps, Simon Says, star steps, jogging on the spot, spaceman walk, tag, moving using F/C or Br/s arms, blowing bubbles in the water (and moving), rotation arms in the water (similar to BC), spinning, jumping, collect sinkies.

### Main:

**Push & Glide**→ Practice front and back. Ensure student 2 has two hands on the side to start and ends in an arrow shape. Aim for student 2 to steadily to increase the distance he can hold the shape for **(TP: Straight back with arms in an arrow shape).**

→ **Progress to adding a leg kick when glide momentum decreases.**

→ **Initially begin width to lane rope before progressing to length direction**

### Whole-part-whole

**FC**→ Student 2 to practice full front crawl. If Student 2 needs a woggle allowing him to use it but with time take away the woggle as Student 2 become more comfortable **(TP: Face submerged in the water blowing bubbles when swimming).**

**FC**→Progress to holding kickboard with **(TP: blow bubbles whilst kicking; feet close together when kicking keeping them in water to make splash)**

**FC**→ Whilst walking in the pool, Student 2 to use her arms alternatively to **(TP: Stretch and scoop). Progress to practicing arms with legs supported by a woggle.**

**Brs**→ Student 2 to practice a 3 stage kick of straight→ bent→ wide whilst holding a woggle or float **(TP: wide legs when kicking out)**

**Brs**→ Walk doing Brs arms **(TP: hands together, push water away)**

**Brs**→ Practice arms and legs together with a woggle or thin float by the hips. Reduce the floating aid support Student 2 until he is independent.

**BC**→ With Student 2 holding a float by his chest get him to kick his feet for a specific amount of time **(TP: Keep feet in water-flick flip flops off)**

**BC**→ Practice walking backwards with arms rotating backwards **(TP: Arms like a windmill and pointing to the sky)**

**BC**→ Whole stroke together **(TP: Head back in the water).**

**End Activity:** Get ticked off swimming skills for a specific Swim level