

# TERMLY TEACHING PLAN

## Technical Programme

### Quadrant Term 3, 2025

# FUNdamental SWIMMING

WEEK	FOCUS	DETAIL
<b>Week 1</b> Mon 21/07 - Sat 26/07	<b>Introduction Week</b> Focus on main swimming concepts like buoyancy, streamlines, breathing and propulsion. Introduce all strokes.	Swimmers are introduced to the protocols at the FUNdamental Swimming. New swimmers are welcomed. Recap & introduce all strokes with focus on FUNdamental principles.
<b>Week 2</b> Mon 28/07 - Sat 2/08	<b>Butterfly Stroke Week</b> Break down & build up butterfly stroke with focus on maintaining rhythm & flow. Dives, turns & underwater work.	Land & pool drills for body dolphin, big arms, timing & rhythm (jelly tots & push/swing) Breathing patterns to support a consistent rhythm. <b>Crawl Fitness in extra time.</b>
<b>Week 3</b> Mon 4/08 – Fri 8/08 <b>NO Sat 9/08</b>	<b>Backstroke Stroke Week</b> Break down & build up backstroke with focus on body position & constant arms & legs. Dives, turns & underwater work.	Land & pool drills for high body position, still head, rotation, straight strong arms, catch & push water, speedy flutter kick. <b>Crawl Hypoxic in extra time.</b>
<b>Week 4</b> Mon 11/08 - Sat 16/08	<b>Breaststroke Stroke Week</b> Break down & build up breaststroke with focus on body position, arms, legs, timing. Dives, turns & underwater pull.	Land & pool drills for small, strong arms (scoop/shoot) breaststroke glide (wait/wait) strong, snappy kick, sneaky breathing & timing. <b>Crawl Pacing in extra time.</b>
<b>Week 5</b> Mon 18/08 - Sat 23/08	<b>Crawl Stroke Week</b> Break down & build up crawl with focus on body position, big arms, constant kick. Dives, turns & underwater work.	Land & pool drills for still head, eyes down, rotation, sneaky breathing, catch & push water, constant flutter kick. <b>Individual Medley in extra time.</b>
<b>Week 6</b> Mon 25/08 - Sat 30/08	<b>Butterfly Speed Week</b> Timing of 25m (& 50m) butterfly. Compare times with previous term.	Drills as in Week 2 for butterfly. Focus on faster arm turnover (exit sooner), dives, finishes & limited breathing. <b>Crawl fitness in extra time.</b>
<b>Week 7</b> Mon 1/09 - Sat 6/09	<b>Backstroke Speed Week</b> Timing of 25m (& 50m) backstroke. Compare times with previous term.	Drills as in Week 3 for backstroke. Focus on faster arms, dives, turns & finishes for faster backstroke swimming. <b>Crawl hypoxic swim in extra time.</b>
<b>Week 8</b> Mon 8/09 - Sat 13/09	<b>Breaststroke Speed Week</b> Timing of 25m (& 50m) breaststroke. Compare times with previous term.	Drills as in Week 4 for breaststroke. Focus on dives, underwater pull, turns & finishes for faster breaststroke swimming. <b>Crawl pacing.</b>
<b>Week 9</b> Mon 15/09 - Sat 20/09	<b>Crawl Speed Week</b> Timing of 25m (& 50m) crawl. Compare times with previous term.	Drills as in Week 5 for crawl. Focus on faster/bigger arms, dives, turns & finishes for faster crawl swimming. Limited breathing. <b>Individual Medley in extra time.</b>
<b>Week 10</b> Mon 22/09 - Sat 27/09 <b>NO Weds 24/09</b>	<b>ALL Strokes RECAP &amp; Showcase Week</b>	Parents invited to watch the lesson. Swimmers will recap the FUNdamentals of all strokes.
<b>Week 11</b> Mon 29/09 - Sat 3/10	<b>FUN WEEK</b>	Recap the FUNdamentals of all strokes with additional focus on the group's weak spots. some FUN games, competitions and relays.