



Australian Government

SISCAQU023 Plan swimming lessons

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to plan individual swimming lessons usually within the bounds of a pre-determined swim program. Lessons are most often provided to groups but could be provided to individuals. Lessons can be provided to both children and adults.

It covers skills for evaluating and improving lessons in response to learner and teacher feedback, noting that lessons might be delivered by self or others. Skills for teaching lessons are covered in complementary units.

This unit applies to swim teachers who use discretion and judgment when planning lessons to meet diverse participant needs. Swim teachers practise in aquatic venues including those operated by commercial, not-for-profit, community and government organisations.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Aquatics

Unit Sector

Community Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes.

1. Determine lesson requirements.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Access and interpret swim program documents to determine requirements for individual lessons.
- 1.2. Identify objectives and learning outcomes for individual

- lessons within overall program.
- 1.3. Use available information to identify learner characteristics, special needs, and swimming ability to determine group profile for the lesson.
 2. Plan individual swimming lessons.
 - 2.1. Refine existing objectives and learning outcomes according to specific needs of group profile for the lesson.
 - 2.2. Select drills, activities and equipment suited to the type of swimming and water safety skills to be targeted, and according to stage of program and progression of learners.
 - 2.3. Sequence and balance activities to enhance learner engagement and incorporate any requirements for interaction with parents, carers and on-deck team.
 - 2.4. Incorporate volume of activities suited to group profile and lesson duration, and determine timing for different phases of the lesson.
 - 2.5. Determine and incorporate teaching techniques suited to group profile, learning outcomes and drills and activities.
 - 2.6. Document lesson plan in appropriate format.
 3. Review and modify future lessons.
 - 3.1. Collate and review feedback provided by learners and swim teachers.
 - 3.2. Identify successes, problems or difficulties with lesson delivery.
 - 3.3. Modify and improve future lessons according to feedback.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	interpret detailed and sometimes unfamiliar swim programs which include swimming terminology and abbreviations.
Writing skills to:	- produce detailed lesson plans that use swimming terminology and abbreviations for teaching use - use fundamental sentence structure to complete evaluation records that require factual and subjective information.
Numeracy skills to:	complete calculations for lesson plans involving times, intervals, and progressions.
Problem-solving skills to:	critically evaluate successes and failures of lessons to initiate future improvements.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>