



Australian Government

Assessment Requirements for SISCAQU023 Plan swimming lessons

Release: 1

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Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- develop and document plans for six swimming lessons:
 - each with a minimum duration of 30 minutes
 - plan at least two sequential lessons for each of the following types of swim classes:
 - water familiarisation, buoyancy and mobility
 - water safety and survival skills
 - swimming strokes
- for two lessons, and according to actual feedback or case studies:
 - evaluate feedback provided by learners, or their parents or carers
 - evaluate swim teacher feedback modify future lesson content, and document details of the evaluation and changes.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- key content of established swim programs, including lesson progression and learning outcomes for different stages of the program
- factors relevant to the aquatic environment in which lessons will be taught, and other general factors that affect lesson design:
 - indoor or outdoor aquatic venue, and environmental conditions
 - water temperature, depth and gradient, and available water space
 - availability of different types of equipment
 - lesson duration
 - class size and teacher-learner ratios
- learner considerations for selecting teaching techniques, activities and equipment:
 - age and body composition
 - fitness level and physical capabilities
 - emotional, behavioural and intellectual ability or disability
 - swimming skill level
 - skill development needs

- different types of swim teaching classes:
 - water familiarisation, buoyancy and mobility
 - water safety and survival skills
 - swimming and survival strokes
- for each of the above types of classes:
 - suitable demonstration and teaching techniques
 - types of suitable drills, activities and equipment, including those that involve parents or carers
 - how to break down, identify and document teaching points for different types of activities
 - class formations for different types of activities
 - how different types of activities can be combined and sequenced for optimum effectiveness
- established phases of swimming lessons, their underpinning rationale and timing for each within designated lesson duration:
 - introduction, revision and warm up
 - lesson activities, main theme and contrast activities
 - conclusion of lesson and handover of duty of care
- components of swimming lessons, and how they can be used effectively to target lesson objectives and learning outcomes:
 - activity combinations and sequence
 - volume of activities
 - skill progressions and progressive practices
 - rest intervals
- format and inclusions of documented lesson plans
- methods that can be used to evaluate effectiveness of swimming lessons:
 - learner and teacher evaluation questionnaires and reports
 - discussions with teachers delivering lessons
 - self-evaluation of delivering lessons
 - discussions with venue operator on success of programs offered
 - evaluation of complaints, problems and difficulties.

Assessment Conditions

Skills can be demonstrated in:

- an aquatic workplace, or
- a simulated workplace set up for the purpose of skills assessment.

Assessment must ensure the use of:

- pre-designed swim programs for:
 - water familiarisation, buoyancy and mobility
 - water safety and survival skills

- swimming strokes
- information about the aquatic environment in which lessons will be taught to allow for appropriate lesson planning
- information about the learners
- sample templates for lesson plans
- template evaluation reports.

Assessors must:

- satisfy the Standards for Registered Training Organisations requirements for assessors, and
- have workplace experience where they have applied the skills and knowledge covered in this unit of competency over a period of two years working in industry.

Links

Companion Volume implementation guides are found in VETNet -

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