



Themed Swimming lessons are a great way of teaching learners to swim as well as providing them with an understanding of the importance of water safety.

The Pirate Adventure lesson plan aimed at 4 - 7 Year olds is a great way to help make swimming lessons and water safety fun, exciting and engaging within a lesson.

The lesson plan has been designed to be inclusive of all levels and abilities. Swimming teachers can create a story which becomes a running theme throughout the lesson, linking each teaching practice and game to the next activity.

Swimming teachers can also incorporate a variety of water safety question and answer activities throughout the lesson such as:

- Asking the pirates what sudden dangers may arise at sea and on the beach:
 - Debris, seaweed, oil slicks, jellyfish, sharks, other pirates and the sea itself
- How do we stay safe at sea:
 - Wear a lifejacket, do not go out onto the deck of a boat, listen to the captain of the ship and when using inflatables do not use when there is an off shore wind and beware that they can drift out to sea very quickly
- What and who help keep us safe at the beach:
 - Only swim if there are beach lifeguards present, swim in between the red and yellow flags, do not swim if there is a red flag present. Beach lifeguards help keep us safe.

Safety is paramount for any learner who ventures near water, especially unknown waters. What to look for, how to enter and exit safely, always go with someone, always staying safe, are all areas that can be reinforced and discussed

Lesson Plan

Duration: 30 minutes



Safe Entry

The story begins with the learners having to survey the waters edge and surrounding coast line for any dangers that might prevent them getting to their ship.

- ***Learners can relate to what they see; steps, deep water, handrails etc***

Warm Up

As pirates enter the water, still looking around carefully for any hidden dangers. The water is cold - so they run briskly through the surf, jumping over the waves as they break onto the shoreline. They see jellyfish and have to change directions a few times to avoid getting stung. Eventually they are clear of this danger.

- ***Learners run around, jump and move around the pool to warm up***

All at Sea Game

The pirates form a line to report to their captain, the captain calls out instructions which the pirates have to obey:

- Port = Swim to the left
- Starboard = Swim to the right
- Captains coming = Salute
- Submarines = Submerge
- Hit the deck = Star float

- ***Learners have to respond quickly to the instructions given by the Swimming teacher***

Main Section

The pirates now have to swim through the water to reach the ship. It is hidden in a cove around the headland. Some crew members prefer to hold onto driftwood that they have found on the beach.

- ***Learners swim across the pool***
- ***Buoyancy aids, floats or woggles may be used***





Collect the Treasure Game

The treasure chest has fallen into the sea and split treasure into the sea, pirates must rescue a piece of treasure each

- ***Place 1 floating toy into the water per learner***
- ***In small groups to avoid collisions learners must collect a piece of treasure and return to poolside***

The treasure needs to be returned to the ship so pirates will need to blow the treasure back

- ***With woggles behind their backs, learners swim across the pool blowing their toy and placing it back onto the poolside***

There are other pirates wanting to steal the treasure, pirates will need to hide when the captain sees the other ship

- ***Keeping the woggles behind their backs, learners swim across the pool and when swimming teachers call 'hide' learners have to place their face in the water, blow bubbles and continue to kick their legs***

Diving for Treasure Game

There is buried treasure on the bottom of the seabed, in teams pirates will need to collect the treasure and return it to the ship

- ***Sinkers shattered on the bottom of the pool, learners have to collect 1 sinker at a time and return to the poolside before the next team member goes***

As they are moving out to the ship, they see a large patch of seaweed drifting towards them. It is too big to go around - they must dive under it and swim. Taking a breath they duck dive under the seaweed and swim underwater to safety, keeping their eyes open to see when it is safe to surface.

- ***Using a hoop or woggle tunnel, learners swim through trying to keep their face in the water***





The pirates have reached the safety of the ship and need to climb aboard

- Using the large square play rafts, in teams learns climb on

There's no wind, the sails are not working! The pirates will need to use the oars and row to the island

- In the teams, learners need to paddle with their arms across to the other side of the pool.

On reaching the island the pirates look around for any dangers and safely move ashore

- Learners answer questions on what hazards could be around and who will keep us safe at the beach

Contrasting Activity

Pirates are tiring so they fall asleep, under the light of the moon

- With or without buoyancy aids, learners float on backs, star shapes, pencil shapes

Shark and Pirates Game

The pirates need to return to the ship but there is a shark in the water, they will need to swim past the shark without being caught

- 1 learner becomes the shark, learners swim or walk away from the shark, once they are caught they also become a shark until all learners have been caught

All pirates have returned to the ship and need to climb aboard.

- Safe exit from pool

