

Title	Plan, deliver and review swimming and water safety lessons		
Level	3	Credits	15

Purpose	People credited with this unit standard are able to: plan swimming and water safety lessons; create and maintain a safe, supportive learning environment; deliver lessons to develop swimming and water safety skills that progress swimmers; and review teaching strategies and lesson plans to improve teaching practice.
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Classification	Recreation and Sport > Recreation and Sport - Aquatics
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Available grade	Achieved
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Guidance Information

- 1 All learning and assessment within this unit standard must be carried out in accordance with the following, as relevant to their role:
 - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 2020, Human Rights Act 1993, Accident Compensation Act 2001, The Children's Act 2014, and subsequent amendments;
 - industry codes and good practice guidelines for example those published by: Water Safety NZ (watersafety.org.nz), Swimming New Zealand (swimming.org.nz); Austswim Aotearoa (austswim.com.au), and Recreation Aotearoa (nzrecreation.org.nz);
 - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs) or Normal Operating Procedures (NOPs), and requirements for the use of personal protective equipment (PPE).
- 2 Definitions

Aquatic facility refers to the pool or pools; activity equipment and play areas; their fixtures and surrounds; changing rooms and all other dry areas; steam rooms; spas; saunas where they exist.

Environmental conditions refer to either the physical internal or external surroundings in an aquatic facility and may include weather conditions, sound and temperature.

Organisational policies and procedures refer to the operations manual or documented normal operating procedures at an aquatic facility that set out the way in which the facility will operate on a day-to-day basis.

Progress swimmers refers to moving swimmers some way along the skills acquisition continuum from water familiarisation to stroke development. It does not refer to moving swimmers completely along the full continuum within the set of ten lessons.
- 3 Assessment

Competency in this unit standard must be demonstrated in a real swim teaching environment and cannot be simulated.

Outcomes and performance criteria

Outcome 1

Plan swimming and water safety lessons.

Range lesson plans must consist of ten consecutive lessons, or two sets of five consecutive lessons.

Performance criteria

1.1 Prepare lesson plans, including teaching methods and activities, that meet participants' needs, the design of the pool, and environmental conditions according to aquatic facility requirements.

Range teaching methods may include but are not limited to – teacher demonstration, teacher description and explanation, participant demonstration, standing practice, progressive part, whole-part-whole, pace of the lesson.

1.2 Anticipate and address potential learning barriers and differences in learning style.

1.3 Incorporate strategies and activities for building confidence to meet participant and group needs.

Range strategies include but are not limited to – structured and purposeful play activities, appropriate learning progressions.

1.4 Incorporate basic anatomy, physiology and biomechanics to meet lesson outcomes.

1.5 Include a variety of progressive drills and practices to facilitate skill learning and develop confidence.

1.6 Incorporate swimming and water safety skills that progress swimmers.

Range may include – confidence, submersion and breath control, floating, gliding, kicking, stroke development, buoyancy, treading water, sculling.

Outcome 2

Create and maintain a safe, supportive learning environment.

Performance criteria

2.1 Select equipment and use pool space safely and appropriately for participants.

- 2.2 Monitor participants to meet safety requirements of the aquatic facility.
- Range safety requirements may include but is not limited to – illness or signs of infection, movement of participants, group organisation.
- 2.3 Communicate in an encouraging and positive manner that is appropriate to the needs of the learners.
- 2.4 Recognise participant lack of confidence and signs of anxiety and implement strategies for reducing and overcoming these.
- 2.5 Manage parents/caregivers and/or spectators in a manner that has a positive and supportive influence on the learning environment.

Outcome 3

Deliver lessons to develop swimming and water safety skills that progress swimmers.

Range entering and exiting the water, going under water, moving through the water.

Performance criteria

- 3.1 Explain and demonstrate skills and techniques appropriate to the needs of the participants and as outlined in the lesson plan.
- 3.2 Provide personal assistance and select and use equipment to support learning appropriate to participant level of confidence.
- 3.3 Adjust teaching styles to suit the size and ability of the group, environmental conditions, and individual swimmer's learning styles and capability to maintain pace and motivation.

Outcome 4

Review teaching strategies and lesson plans to improve teaching practice.

Performance criteria

- 4.1 Use self-review to make adaptations to lesson delivery and to improve teaching practice.
- 4.2 Review teaching strategies and the lesson plan following delivery in terms of meeting participant needs, managing safety and the use of appropriate teaching methods and activities.
- 4.3 Seek feedback from supervisor, colleagues and customers and use this to further develop teaching techniques and skills.

Planned review date	31 December 2026
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	16 March 2017	31 December 2023
Review	2	28 October 2021	N/A

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.