

# Swimming and Water Safety Dry Swimming Program

## WHAT IS DRY SWIMMING?

Dry swimming programs involve lessons and activities that teach swimming skills and water safety knowledge to students within a land-based environment, such as a classroom or school gymnasium.

## Why run a dry swimming program?

There are many benefits to teaching dry swimming programs. These include, and are not limited to:

- **Developing muscle memory** as students develop and practise Fundamental Movement Skills (FMS).
- **Maximising time spent in the water** – dry activities can be taught at school, allowing for greater opportunities to achieve the Victorian Water Safety Certificate (VWSC) when attending water-based swimming activities.
- **Reduces anxiety** in students, as they are provided with the opportunity to learn and practise some skills before entering the water.
- **Cross-curricular links** – lessons can connect with various areas of the Victorian Curriculum.
- **Can be taught any time of the year**, in any weather condition.

## How to implement a dry swimming program at your school:

As mentioned above, dry swimming programs can be implemented at any time of the year, in any weather condition. Some activities will require a large open space, but all activities can be taught indoors.

The resources outlined in this lesson plan are optional, and some resources are free and accessible on our online Toolkit. When gathering sport equipment and other resources to use in these programs, think about what is already available in your school's storeroom and make use of these. You may even think of extra resources to include in your own dry swimming program.

## How to use this lesson plan:

This lesson plan is targeted towards Level 5-6 students. Connections to the Victorian Curriculum are outlined, along with the achievement standards expected to be displayed by a student achieving at this level.

The lesson is divided into multiple small activities, beginning with a warm-up/tuning in activity. Each activity includes instructions for how to run the activities, and some include options for differentiation. Key questions and teaching points are also explained, and these can be discussed with students before, during or after the activity.

Assessment opportunities are outlined, with 'must-sees' identified as a basis for assessment. Teachers are encouraged to draw on further opportunities to assess swimming and water safety knowledge, through the VWSC and water-based swimming programs.

