

TERMLY TEACHING PLAN

Technical Programme

Quadrant Term 3, 2026

FUNdamental SWIMMING

WEEK	FOCUS	DETAIL
Week 1 Mon 20/07 – Sat 25/07	Introduction Week Focus on main swimming concepts like buoyancy, streamlines, breathing and propulsion. Introduce all strokes.	Swimmers are introduced to the protocols at the FUNdamental Swimming. New swimmers are welcomed. Recap & introduce all strokes with focus on FUNdamental principles.
Week 2 Mon 27/07 – Sat 1/08	Butterfly Stroke Week Break down & build up butterfly stroke with focus on maintaining rhythm & flow. Dives, turns & underwater work.	Land & pool drills for body dolphin, big arms, timing & rhythm (jelly tots & push/swing) Breathing patterns to support a consistent rhythm. Crawl Fitness in extra time.
Week 3 Mon 3/08 – Sat 8/08	Backstroke Stroke Week Break down & build up backstroke with focus on body position & constant arms & legs. Dives, turns & underwater work.	Land & pool drills for high body position, still head, rotation, straight strong arms, catch & push water, speedy flutter kick. Crawl Hypoxic in extra time.
Week 4 Tue 11/08 – Sat 15/08 NO MON 10/08	Breaststroke Stroke Week Break down & build up breaststroke with focus on body position, arms, legs, timing. Dives, turns & underwater pull.	Land & pool drills for small, strong arms (scoop/shoot) breaststroke glide (wait/wait) strong, snappy kick, sneaky breathing & timing. Crawl Pacing in extra time.
Week 5 Mon 17/08 – Sat 22/08	Crawl Stroke Week Break down & build up crawl with focus on body position, big arms, constant kick. Dives, turns & underwater work.	Land & pool drills for still head, eyes down, rotation, sneaky breathing, catch & push water, constant flutter kick. Individual Medley in extra time.
Week 6 Mon 24/08 – Sat 29/08	Butterfly Speed Week Timing of 25m (& 50m) butterfly. Compare times with previous term.	Drills as in Week 2 for butterfly. Focus on faster arm turnover (exit sooner), dives, finishes & limited breathing. Crawl fitness in extra time.
Week 7 Mon 31/08 – Sat 5/09	Backstroke Speed Week Timing of 25m (& 50m) backstroke. Compare times with previous term.	Drills as in Week 3 for backstroke. Focus on faster arms, dives, turns & finishes for faster backstroke swimming. Crawl hypoxic swim in extra time.
Week 8 Mon 7/09 – Sat 12/09	Breaststroke Speed Week Timing of 25m (& 50m) breaststroke. Compare times with previous term.	Drills as in Week 4 for breaststroke. Focus on dives, underwater pull, turns & finishes for faster breaststroke swimming. Crawl pacing.
Week 9 Mon 14/09 – Sat 19/09	Crawl Speed Week Timing of 25m (& 50m) crawl. Compare times with previous term.	Drills as in Week 5 for crawl. Focus on faster/bigger arms, increased focus on kicking. Limited breathing for faster crawl swimming. Individual Medley in extra time.