



MERMAIDS
FOR
INCLUSION



Co-funded by the
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of the European Union

SOCIAL INCLUSION THROUGH FINSWIMMING

GROUP

LEVEL OF TRAINEES

DATE

LESSON 2

Social inclusion through swimming

LESSON GOALS

- **Develop swimming skills:** Participants will learn and practice basic swimming skills, such as breathing, kicking, and stroking, in order to become more confident and comfortable in the water.
- **Foster social inclusion:** Participants will engage in activities that promote teamwork, communication, and mutual support, in order to build a sense of belonging and connection with others.
- **Increase physical activity:** Participants will engage in moderate physical activity through swimming, in order to improve cardiovascular health and overall fitness.

INCLUSION ACTIVITIES

Diversity Discussions: Initiate group discussions around diversity and inclusion topics, such as the importance of respecting and valuing differences. This helps promote understanding and empathy among teammates.

Buddy System: Pair up athletes with different skill levels or abilities and have them work together to achieve a common goal. For example, have a more experienced athlete help a beginner with their technique.

STRUCTURE

- 1. Introduction:** Provide an overview of the lesson plan, including the goals and objectives. Explain how swimming can promote social inclusion, and why it is important.
- 2. Warm-up:** Start with a warm-up activity to prepare participants for the main swimming activities. This could involve stretching exercises or a quick swim.
- 3. Skill development:** Provide instructions and demonstrations on different swimming techniques and skills. Allow participants to practice these skills, and provide feedback and assistance as needed.
- 4. Inclusion activities:** Incorporate specific activities that promote social inclusion, such as pair swimming or team relay races. Encourage participants to work together and support each other.
- 5. Cool-down:** End the lesson with a cool-down activity, such as a relaxing swim or cool-down exercises.
- 6. Assessment:** Assess the participants' progress throughout the lesson, including their swimming skills and their ability to work together and include others.
- 7. Reflection:** Encourage participants to reflect on their experience and discuss how swimming can promote social inclusion. Ask for feedback on the lesson plan and ways to improve it for future sessions.

FURTHER RESOURCES

Video

TOOLS/ EQUIPMENT

Swim caps
Goggles
Swim vests
Pool noodles
Kickboards