



MERMAIDS  
FOR  
INCLUSION



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# SOCIAL INCLUSION THROUGH FINSWIMMING

**GROUP**

**LEVEL OF TRAINEES**

**DATE**

## LESSON 5

### Finswimming technique & best practices: Part B

#### LESSON GOALS

- Explore advanced finswimming techniques, such as the underwater turn and monofin use.
- Work collaboratively in groups to complete tasks and challenges using finswimming techniques.
- Develop social skills such as communication and collaboration while participating in group activities.
- Reflect on the importance of social inclusion in sports and physical activity.
- Apply skills and techniques learned in finswimming to other areas of life, such as goal setting and perseverance.

#### INCLUSION ACTIVITIES

#### STRUCTURE

##### 4. Advanced Technique

- Demonstrate advanced techniques such as the underwater turn and monofin use
- Allow students to practice these techniques with individualized feedback and corrections

##### 5. Group Activity

- Divide the class into small groups and assign each group a specific task or challenge to complete using finswimming techniques
- Encourage communication and collaboration within the groups

##### 6. Cool-down and Discussion

- Lead the class in a series of cooling-down exercises and stretches
- Facilitate a class discussion on what students learned and how they can apply their newfound skills to other aspects of their lives

##### 7. Conclusion

- Summarize the main points of the lesson and encourage students to continue practicing finswimming with proper technique and equipment.

#### FURTHER RESOURCES

Videos

**Practice Guide:** [How to Finswimming](#)  
**Website:** [World Underwater Federation](#)