



LESSON PLAN

ANYWHERE SCHOOL

SUBJECT: Flutter Kick Progression

CLASS: 1-2-3 Kick & Hold

INSTRUCTOR NOTES

This drill isolates the flutter kick and helps swimmers internalize the rhythm between movement and glide. It sharpens their awareness of core tension and body line, and prevents the common mistake of constant, frantic kicking. Ideal for kids who tend to over-kick or get tired quickly—this builds technique, not just endurance.

LEARNING STANDARDS

Want to teach flutter kick with purpose—not just splashing and chaos? This simple but powerful drill teaches kids how to build speed with control, tap into momentum, and understand that **how** they move matters just as much as **how much** they move. It's clean, efficient, and builds better swimmers from the ground up.

LESSON STEPS

- Swimmers perform 3 sharp flutter kicks, then freeze in a prone plank (streamline) position.
- After a short glide, they repeat: 1-2-3 kick, freeze.
- Second round increases to 5 kicks: 1-2-3-4-5, freeze.
- Emphasize pointed toes, tight core, and horizontal balance.
- Kicks should be vertical and alternating (classic flutter kick).

WHAT IT BUILDS

- Core strength and body tension
- Kick control and timing
- Hydrodynamic awareness (when to glide vs. when to kick)
- Momentum usage and streamlining
- Teaches rest phases without breaking form



PARENT-FRIENDLY LANGUAGE

"We're working on kicking with control, not chaos. Just like a car builds speed and coasts, your child is learning that a few strong kicks can create glide—and if their body is straight and still, they can ride that momentum. She's not just going fast—she's learning to swim smarter, not harder."