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| **Participant information**:  **School Swimming Award 5**  **Time available**: 30 minutes **Age range**: KS2 (Yr4) **Number of Swimmers**: 12 | | | | | | |
| Equipment required:  Noodles  Floats | | | | | | |
| Health & Safety checks (tick when satisfactory) | | | | | | |
| Poolside clean and dry |  | Water temperature | |  | Lighting in good working order |  |
| Lifeguards present  (N/A if not required) |  | Water clarity | |  | Jewellery removed  (Teacher and swimmer) |  |
| Emergency equipment in place |  | Appropriate depth for session activities | |  | Hair tied back  (Teacher and swimmer) |  |
| Session Aim  (Which aquatic skills will be the focus)  Travel and coordination  Water safety | | | Specific objective  (By the end of the session swimmers will be able to…….)  Introduce self rescue  Introduce front crawl kicking | | | |
| Water depth required for activities (circle)  Shallow depth Middle Depth 1.0 m Deep depth 1.8m | | | | | | |

School:

Teacher:

Date of Lesson:

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| **Time for each practice** | **Skill practice**  **(what they do)** | **Skill teaching point**  **(what they think about)** |
| Entry **–** All pupils together  1 minute | Jump into pool | Bend knees and push with both feet  Look forwards  Bend knees on landing |
| Warm up **–** in pairs  6 minutes | Shout and signal rescue | Use breaststroke legs to kick with (swimmer in the water)  Show them what to do with your arms (swimmer on the side) |
| Skill development  practices  All pupils together  2 minutes  1’s and 2’s  2 minutes  In pairs  2 minutes  1’s and 2’s  3 minutes  3 minutes  3 minutes | **Tag game**  One swimmer has a float held in both hands and they must chase the others, when they touch someone with the float that person then becomes the chaser with the float  2 x width arms extended above the head, face in Push glide and flutter kick, rest after each width  **Kicking duel**  in pairs at opposite sides of a noodle, each swimmer takes hold of the noodle and has straight arms, they must then lay flat and using their flutter leg action try to push the opponent  Swap pairs  2 x 1 width kick on the side using flutter action  2 x1 widths kick on the opposite side using flutter  2 x ½ width on the left side ½ width on the right | Chasers must kick front crawl legs  Stretch legs and keep them long  Floppy feet and make a small splash with your toes  Keep arms straight  Fast feet  Kick your feet past each other  Stretch long legs  Kick your socks off. Faster kicks |
| **Cool down/contrasting activity – 1’s and 2’s**  3 minutes | 2 x widths on front, kicking legs half way roll on back kick legs rest of width (no feet to floor during roll) | Keep body stretched |
| **Safe exit –** all pupils together  1 minute  **Evaluation –** all pupils together  2 minutes | Exit water by the side of pool  Focus on positive aspects – give hints and pointers for next lesson | Both hands on side, push with arms, one knee on side, stand up |