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| **Participant information**: **School Swimming Award 5****Time available**: 30 minutes **Age range**: KS2 (Yr4) **Number of Swimmers**: 12  |
| Equipment required: NoodlesFloats |
| 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 coordinationWater safety | Specific objective(By the end of the session swimmers will be able to…….)Introduce self rescueIntroduce 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 together1 minute | Jump into pool | Bend knees and push with both feetLook forwardsBend knees on landing |
| Warm up **–** in pairs6 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 developmentpracticesAll pupils together2 minutes1’s and 2’s2 minutesIn pairs2 minutes1’s and 2’s3 minutes3 minutes3 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 float2 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 pairs2 x 1 width kick on the side using flutter action2 x1 widths kick on the opposite side using flutter2 x ½ width on the left side ½ width on the right  | Chasers must kick front crawl legsStretch legs and keep them longFloppy feet and make a small splash with your toesKeep arms straight Fast feetKick your feet past each otherStretch long legsKick 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 together1 minute**Evaluation –** all pupils together2 minutes | Exit water by the side of poolFocus on positive aspects – give hints and pointers for next lesson | Both hands on side, push with arms, one knee on side, stand up |