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| Participant information: School Swimming Award 2Time available: 30min Age range: KS2 (Yr4) Number of Swimmers: 12  |
| Equipment required: BallsNoodlesFloatsArmbands |
| 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)Streamlining.Travelling & coordinationRotation | Specific objective (By the end of the session swimmers will be able to……….)Introduction of push & GlidesAwareness of the water safety code |
| Water depth required for activities (circle)Shallow depth up to 0.9m Middle Depth Deep depth  |

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 together**1min swivel entry | Swivel entry | Pupils sit on pool sideHands on poolside to one side of the bodyHands make a diamond shape on floorTurn body slowly and slide into pool. |
| **Warm up – all pupils together**3 min | Crab tagThe players cross the pooltravelling sideways andavoiding the catcher | The catcher waits in the middle of the poolCrabs are safe if they float with their facesubmerged blowing bubblesCrabs who are caught also become catchersWhen there are more catchers than crabsa new catcher can be selected and thegame restarted |
| **Skill Development****Practices**2min2 min2 min2 min2 min2 min | Push and glide to the pool wall on frontPush and glide to pool wall (extend distance away from wall)Push and glide away from wallPush and glide away from wall (see how far you get)Push and glide on front and hold for 5 secsPush and glide on front and hold for 8 secs | Arms stretched out in frontChin close to the water or face in the waterStretch bodyFace in waterSlowly push from wallBlow out when face in waterLegs stretched and togetherOne hand on top of other, straight arms |
| **Cool Down/Contrasting activity**9 min | **Cross the swamp t**Spread lots of floatingequipment across the poolPupils have to travel/ swim across withouttouching objectsPlay as a team relay race | Use arms to move in different directionsBlow or splash objects so they move away from the ‘traveller’ |
| **Safe Exit –** all pupils together2min**Evaluation –** all pupils together3min | 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 |