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| Participant information:  School Swimming Award 2  Time available: 30min Age range: KS2 (Yr4) Number of Swimmers: 12 | | | | | | |
| Equipment required:  Balls  Noodles  Floats  Armbands | | | | | | |
| 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 & coordination  Rotation | | | Specific objective  (By the end of the session swimmers will be able to……….)  Introduction of push & Glides  Awareness 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 side  Hands on poolside to one side of the body  Hands make a diamond shape on floor  Turn body slowly and slide into pool. |
| **Warm up – all pupils together**  3 min | Crab tag  The players cross the pool  travelling sideways and  avoiding the catcher | The catcher waits in the middle of the pool  Crabs are safe if they float with their face  submerged blowing bubbles  Crabs who are caught also become catchers  When there are more catchers than crabs  a new catcher can be selected and the  game restarted |
| **Skill Development**  **Practices**  2min  2 min  2 min  2 min  2 min  2 min | Push and glide to the pool wall on front  Push and glide to pool wall (extend distance away from wall)  Push and glide away from wall  Push and glide away from wall (see how far you get)  Push and glide on front and hold for 5 secs  Push and glide on front and hold for 8 secs | Arms stretched out in front  Chin close to the water or face in the water  Stretch body  Face in water  Slowly push from wall  Blow out when face in water  Legs stretched and together  One hand on top of other, straight arms |
| **Cool Down/Contrasting activity**  9 min | **Cross the swamp t**  Spread lots of floating  equipment across the pool  Pupils have to travel/ swim across without  touching objects  Play as a team relay race | Use arms to move in different directions  Blow or splash objects so they move away from the ‘traveller’ |
| **Safe Exit –** all pupils together  2min  **Evaluation –** all pupils together  3min | 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 |