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| Participant information:  School Swimming Award 6  Time available: 30min Age range: KS2 (Yr4) Number of Swimmers: 12 | | | | | | |
| Equipment required:  Floats  Pull buoys  Toys, balls, bricks, sinkers | | | | | | |
| 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  Rotation, Balance and coordination | | | Specific objective  (By the end of the session swimmers will be able to……….)  Introduce swimming in clothes  Introduce Handstands & somersaults | | | |
| Water depth required for activities (circle)  Shallow depth Middle Depth 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 –** 1’s & 2’s  2min | Straddle entry into the pool | Arms bent and held at shoulder height  Step off poolside  Lean forward  Keep legs apart and push down onto water with hands  Keep head above water |
| **Warm up – All together**  6min | **Weather Game**  Players move around the pool  while the teacher randomly  calls:  snow  thunder  rain  lightning  The players ignore other weathers  but perform a handstand on the word  ‘lightning’ and somersault on the word “thunder”  The player who stays up the longest is  the next caller | Somersault –  Push head into water  Head tucked in to chest  Knees brought under body  Use hands in a sculling motion to aid rotation  Handstand –  Push head under water  Bend at the hips  Both hands placed on to pool floor  Legs extended and held straight and together |
| **Skill Development**  **Practices**  All together  15 mins | Desert island – dressed in clothes (long trousers and t-Shirt/Skirt and t-shirt)  The island is at one pool edge  and shipwreck at the other  **Dressed in clothes** pupils retrieve objects, floats, pull buoys, sinkers, toys etc. form the shipwreck and take them to the island  Large play mats act as debris from the shipwreck to be avoided as they transport the equipment from one side to the other. They move continuously, changing  direction to collect objects and to avoid  obstacles | Swim slowly avoiding the large mats  Swim with arms under water (front/back paddle)  Swim smoothly to avoid disturbing the water  Consider different ways to transport the equipment on your back/front  Keep your head above water |
| **Cool down/Contrasting activity – in pairs/groups**  4 min | Floating patterns and formations  Each group to perform a sculling sequence to include a rotation | Keeping hands close to body when sculling  Legs straight and toes pointed  Continuous movements |
| **Safe exit –** all pupils together  1min  **Evaluation –** all pupils together  2min | Exit deep water without the use of the steps  Focus on positive aspects – give hints and pointers for next lesson | Both hands on side, push with arms, one knee on side, stand up |