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| Participant information: School Swimming Award 6Time available: 30min Age range: KS2 (Yr4) Number of Swimmers: 12  |
| Equipment required: FloatsPull buoysToys, 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 coordinationRotation, Balance and coordination | Specific objective (By the end of the session swimmers will be able to……….)Introduce swimming in clothesIntroduce 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 heightStep off poolsideLean forwardKeep legs apart and push down onto water with handsKeep head above water |
| **Warm up – All together**6min | **Weather Game**Players move around the poolwhile the teacher randomlycalls:snowthunderrainlightningThe players ignore other weathersbut perform a handstand on the word‘lightning’ and somersault on the word “thunder”The player who stays up the longest isthe next caller | Somersault – Push head into waterHead tucked in to chestKnees brought under bodyUse hands in a sculling motion to aid rotationHandstand – Push head under waterBend at the hipsBoth hands placed on to pool floorLegs extended and held straight and together |
| **Skill Development****Practices**All together15 mins | Desert island – dressed in clothes (long trousers and t-Shirt/Skirt and t-shirt)The island is at one pool edgeand shipwreck at the other**Dressed in clothes** pupils retrieve objects, floats, pull buoys, sinkers, toys etc. form the shipwreck and take them to the islandLarge 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, changingdirection to collect objects and to avoidobstacles | Swim slowly avoiding the large matsSwim with arms under water (front/back paddle)Swim smoothly to avoid disturbing the waterConsider different ways to transport the equipment on your back/frontKeep your head above water |
| **Cool down/Contrasting activity – in pairs/groups** 4 min | Floating patterns and formationsEach group to perform a sculling sequence to include a rotation | Keeping hands close to body when scullingLegs straight and toes pointedContinuous movements |
| **Safe exit –** all pupils together1min**Evaluation –** all pupils together2min | Exit deep water without the use of the stepsFocus on positive aspects – give hints and pointers for next lesson | Both hands on side, push with arms, one knee on side, stand up |