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| **Participant information**:  **School Swimming Award 3**  **Time available**: 30 minutes **Age range**: KS2 (Yr4) **Number of Swimmers**: 12 | | | | | | |
| Equipment required:  Noodles  Floats  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)  Streamlining  Balance and buoyancy  Rotation | | | Specific objective  (By the end of the session swimmers will be able to…….)  Develop rotational skills  Develop submersion and streamlining | | | |
| Water depth required for activities (circle)  Shallow depth Middle Depth 1.0 m 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 pupils together  1 minute | Jump into pool and submerge | Bend knees and push with both feet  Look forwards  Bend knees on landing |
| Warm up **–** all pupils    6 minutes | **Bean Game**  Teacher calls out the name  of a bean  The player performs the movement  or shape suggested by the type of  bean | **French:** (standing streamlined like the  Eiffel Tower)  **kidney:** (performing a mushroom  float)  **runner:** (running round the pool)  **string:** (pencil float)  **broad:** (star float)  **jumping:** (bouncing on the spot)  **Mexican:** (jumping in a star shape  Shouting “arriba”) |
| Skill development  practices  All pupils together  10 minutes  All pupils together  6 minutes | Star float on front  Star float on back  Star float on back rotate onto front  Star float on front rotate onto back  Star float on back rotate onto front and stand up  Star float on front rotate onto back and stand up  Perform 3 different floats and stand up  Floating Tag  One team is made up of  catchers, the other team  of escapers | Stretch arms and legs  Look at ceiling  Tummy up on back, face in water on front  Turn head to one side to start rotation  Both feet on floor when standing up  Lift head up, chin to chest  Do not put feet on bottom when changing floating shapes  Escapers try to cross the pool without  being caught  Players are only safe when floating  When the escapers have all been caught  the game starts again with the teams  changing roles |
| **Cool down/contrasting activity – 1,2’s**  4 minutes | Push and glide on front  Push and glide on front to pool floor  Push and glide through a sinking hoop  Push and glide to pool floor to collect sinkers | Push from wall with feet, hands held out straight  Keep body straight as you go through the hoop  Pick sinkers up with both hands |
| **Safe exit –** all pupils together  1 minute  **Evaluation –** all pupils together  2 minutes | 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 |