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| **Participant information**: **School Swimming Award 3****Time available**: 30 minutes **Age range**: KS2 (Yr4) **Number of Swimmers**: 12  |
| Equipment required: NoodlesFloatssinkers |
| 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)StreamliningBalance and buoyancyRotation | Specific objective(By the end of the session swimmers will be able to…….)Develop rotational skillsDevelop 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 together1 minute | Jump into pool and submerge | Bend knees and push with both feetLook forwardsBend knees on landing |
| Warm up **–** all pupils 6 minutes | **Bean Game**Teacher calls out the nameof a beanThe player performs the movementor shape suggested by the type ofbean   | **French:** (standing streamlined like theEiffel Tower)**kidney:** (performing a mushroomfloat)**runner:** (running round the pool)**string:** (pencil float)**broad:** (star float)**jumping:** (bouncing on the spot)**Mexican:** (jumping in a star shapeShouting “arriba”) |
| Skill developmentpracticesAll pupils together10 minutesAll pupils together 6 minutes | Star float on frontStar float on backStar float on back rotate onto frontStar float on front rotate onto backStar float on back rotate onto front and stand up Star float on front rotate onto back and stand upPerform 3 different floats and stand upFloating TagOne team is made up ofcatchers, the other teamof escapers | Stretch arms and legsLook at ceilingTummy up on back, face in water on frontTurn head to one side to start rotationBoth feet on floor when standing upLift head up, chin to chestDo not put feet on bottom when changing floating shapesEscapers try to cross the pool withoutbeing caughtPlayers are only safe when floatingWhen the escapers have all been caughtthe game starts again with the teamschanging roles |
| **Cool down/contrasting activity – 1,2’s**4 minutes | Push and glide on frontPush and glide on front to pool floorPush and glide through a sinking hoopPush and glide to pool floor to collect sinkers | Push from wall with feet, hands held out straightKeep body straight as you go through the hoopPick sinkers up with both hands |
| **Safe exit –** all pupils together1 minute**Evaluation –** all pupils together2 minutes | 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 |