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| **Participant information**:  **School Swimming Award 4**  **Time available**: 30 minutes **Age range**: KS2 (Yr4) **Number of Swimmers**: 12 | | | | | | |
| Equipment required:  Noodles  Floats  Toys  Balls | | | | | | |
| 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  Travel and coordination  Rotation  Balance & Buoyancy | | | Specific objective  (By the end of the session swimmers will be able to…….)  Linking streamlining and rotational skills  Building sequences | | | |
| 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 **–** 1 at a time  2 minute | Steps (Ladder) | Walk down steps backwards  One foot on step at a time  Both hands on rails |
| Warm up **–** all pupils in pairs    5 minutes | **Action for getting help**  In pairs one pupils in water one pupil on side  Pupils in water shouts for help and waves one hand to attract attention  Pupils on side waits until shouts and waves have been performed then throws a buoyant aid to their partner. They are then encouraged to kick their legs to the side.  Pupils swap rolls. | If in shallow water keep shoulders under water  If in deep water pupils must tread water  Wave the arm slowing  Pupils on poolside – keep talking to their partner. Tell them to keep hold of the buoyant aid  To kick the legs and do demonstrations |
| Skill development  practices  All pupils together  15 minutes | **Grab a float**  Floats in middle of pool (lesson area)  Teacher shouts grab a float, pupils travel to floats pick up a float and kick legs back to side on front repeat kicking legs on back.  Sitting on a noodle use arms only to move across the pool.  Using arms and legs of pupils choice swim across pool on front  Using arms and legs of pupils choice swim across pool on back  Swim 1 width (10 metres) on front rotate onto back swim back to start on back | Hold float with straight arms  Use long legs  Floppy ankles  Keep arms under water  Chin on top of water  Keep feet off floor  Front crawl –  legs long, floppy ankles  Stretch arms out in front of body  Pull under tummy  Breaststroke –  Make circles with feet, try to turn feet out  Draw a circle with hands  Keep hands under water  Back stroke –  Continuous leg kick  Long legs  Look at ceiling  Sculling action with arms, keeps hands close to body  Keep feet off floor when rotating onto front  Lift head up bring knees under body to rotate |
| **Cool down/contrasting activity – in groups**  5 minutes | **Shopping trolley**  Pupils have a float 1st pupils kicks legs on front to collect a toy, place the toy on the float and kicks legs back to their group next pupil goes. | Continuous leg kick  Keep toy on float  Hold float with both hands |
| **Safe exit –** all pupils together  1 minute  **Evaluation –** all pupils together  2 minutes | Exit water without the use of 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 |