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| **Participant information**: **School Swimming Award 4****Time available**: 30 minutes **Age range**: KS2 (Yr4) **Number of Swimmers**: 12  |
| Equipment required: NoodlesFloatsToysBalls |
| 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)StreamliningTravel and coordinationRotationBalance & Buoyancy | Specific objective(By the end of the session swimmers will be able to…….)Linking streamlining and rotational skillsBuilding 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 time2 minute | Steps (Ladder) | Walk down steps backwardsOne foot on step at a timeBoth hands on rails |
| Warm up **–** all pupils in pairs 5 minutes | **Action for getting help**In pairs one pupils in water one pupil on sidePupils in water shouts for help and waves one hand to attract attentionPupils 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 waterIf in deep water pupils must tread waterWave 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 developmentpracticesAll pupils together15 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 backSwim 1 width (10 metres) on front rotate onto back swim back to start on back | Hold float with straight armsUse long legsFloppy anklesKeep arms under waterChin on top of waterKeep feet off floorFront crawl – legs long, floppy anklesStretch arms out in front of bodyPull under tummyBreaststroke –Make circles with feet, try to turn feet outDraw a circle with hands Keep hands under waterBack stroke –Continuous leg kickLong legsLook at ceilingSculling action with arms, keeps hands close to bodyKeep feet off floor when rotating onto frontLift 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 kickKeep toy on floatHold float with both hands |
| **Safe exit –** all pupils together1 minute**Evaluation –** all pupils together2 minutes | Exit water without the use of stepsFocus on positive aspects – give hints and pointers for next lesson | Both hands on side, push with arms, one knee on side, stand up |