|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Participant information**:  **School Swimming Award 4**  **Time available**: 30 minutes **Age range**: KS2 (Yr4) **Number of Swimmers**: 12 | | | | | | |
| Equipment required:  Noodles  Floats  Sinkers  Cones  Egg flips | | | | | | |
| 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

|  |  |  |
| --- | --- | --- |
| **Time for each practice** | **Skill practice**  **(what they do)** | **Skill teaching point**  **(what they think about)** |
| Entry **–** All pupils together  1 minute | Swivel entry | Pupils sit on pool side  Place both hands on poolside to one side of the body  Hands make a diamond shape on floor  Turn body slowly and slide into pool. |
| Warm up **–** all pupils    6 minutes | **Alphabet floats**  Perform a sequence of changing floats (minimum of 3 floats)  In 2 or 3’s pupils make a letter using floating skills  (Pencil float, start float, mushroom float)  In groups pupils make a 3 letter word using floating skills | Keep feet of floor when changing floats  Each floating skill must be held for 5 seconds  Keep in contact with your group  Everybody have a go at each float |
| Skill development  practices  All pupils together  15 minutes | Traffic lights  Place different coloured cones/floats on poolside  Push & glide on front to try and pass the different coloured cones/floats  Push and glide on back to try and pass the different coloured cones/floats  Push and glide on front count to 3 and log roll onto back  Push and glide on back count to 3 and log roll onto front  Repeat the 2 above practices counting to 5 before rolling on to back/front. | Stretch body as long as possible  Face in water on front/ eyes looking up on back  Keep rams extended above head  Keep legs long and together |
| **Cool down/contrasting activity – 1,2’s**  5 minutes | **Blow football**  Move through the water blowing an egg flip | Blow hard so it flips over  Travel using arms and legs whilst blowing |
| **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 |