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| **Participant information**: **School Swimming Award 4****Time available**: 30 minutes **Age range**: KS2 (Yr4) **Number of Swimmers**: 12  |
| Equipment required: NoodlesFloatsSinkersCones 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)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 **–** All pupils together1 minute | Swivel entry | Pupils sit on pool sidePlace both hands on poolside to one side of the bodyHands make a diamond shape on floorTurn 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 floatsEach floating skill must be held for 5 secondsKeep in contact with your groupEverybody have a go at each float |
| Skill developmentpracticesAll pupils together15 minutes | Traffic lightsPlace different coloured cones/floats on poolsidePush & glide on front to try and pass the different coloured cones/floatsPush and glide on back to try and pass the different coloured cones/floatsPush and glide on front count to 3 and log roll onto backPush and glide on back count to 3 and log roll onto frontRepeat the 2 above practices counting to 5 before rolling on to back/front. | Stretch body as long as possibleFace in water on front/ eyes looking up on backKeep rams extended above headKeep 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 overTravel using arms and legs whilst blowing |
| **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 |