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| **Participant information**: **School Swimming Award 5****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)Travel and coordinationRotationBalance & Buoyancy | Specific objective(By the end of the session swimmers will be able to…….)Introduction to dolphin leg kickIntroduction to Breaststroke Leg kickBuilding 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 pupils2 minute | Jump into the water and submerge | Toes over edge of poolLook forwardsBend knees on landing |
| Warm up **–** all pupils in pairs 5 minutes | The players swim or moveabout until a signal (themusic stops or the teachermakes a sign)Players take up a vertical position andhold itThe longest held wins a point | When standing Front to back: head up, press arms and bend knees, roll slowly and plant feetonto floorBack to front: head up, pull arms and bend knees, roll slowly and plant feetonto floorThe teacher can suggest type of statue* archer
* boxer
* ship’s lookout
* ballerina
* animal
 |
| Skill developmentpracticesAll pupils together15 minutes | PorpoisingPupils porpoise around the poolPupils porpoise over a noodlePearl FishingPupils travel to collect two small balls Holding one ball in each hand kick dolphin leg kick on frontPupils travel to collect one larger ballholding a ball on tummy swim on back using a dolphin leg kick Repeat above practices increasing distance the pupils kick  | Jump from floor with both feetJump over the waterEnter the water with hands then headPush up from floor leading body out of waterThe action is continuousMove head up and down to help undulationWriggly action like a wormKeep legs close together and kick them at the same time. |
| **Cool down/contrasting activity – in groups**5 minutes | One side of the pool is theshipwreck and the other isthe islandRobinson Crusoe and his friends have tocarry saved items from the shipwreck tothe island without them getting wetIdentify different ways of moving e.g.* swim breaststroke on the back
* holding the item above the chest
* on the front with it resting on a float
* wading
 | Breaststroke on the back holding the item above the chestBreaststroke on the front with item resting on a float |
| **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 |