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| **Participant information**:  **School Swimming Award 5**  **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)  Travel and coordination  Rotation  Balance & Buoyancy | | | Specific objective  (By the end of the session swimmers will be able to…….)  Introduction to dolphin leg kick  Introduction to Breaststroke Leg kick  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 **–** all pupils  2 minute | Jump into the water and submerge | Toes over edge of pool  Look forwards  Bend knees on landing |
| Warm up **–** all pupils in pairs    5 minutes | The players swim or move  about until a signal (the  music stops or the teacher  makes a sign)  Players take up a vertical position and  hold it  The longest held wins a point | When standing Front to back: head up, press arms and bend knees, roll slowly and plant feet  onto floor  Back to front: head up, pull arms and bend knees, roll slowly and plant feet  onto floor  The teacher can suggest type of statue   * archer * boxer * ship’s lookout * ballerina * animal |
| Skill development  practices  All pupils together  15 minutes | Porpoising  Pupils porpoise around the pool  Pupils porpoise over a noodle  Pearl Fishing  Pupils travel to collect two small balls  Holding one ball in each hand kick dolphin leg kick on front  Pupils travel to collect one larger ball  holding 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 feet  Jump over the water  Enter the water with hands then head  Push up from floor leading body out of water  The action is continuous  Move head up and down to help  undulation  Wriggly action like a worm  Keep legs close together and kick them at the same time. |
| **Cool down/contrasting activity – in groups**  5 minutes | One side of the pool is the  shipwreck and the other is  the island  Robinson Crusoe and his friends have to  carry saved items from the shipwreck to  the island without them getting wet  Identify 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 chest  Breaststroke on the front with item resting on a float |
| **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 |