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| **Participant information:** **School Swimming Award 1** **Time available:** 30 min **Age range:** KS2 (Yr4) **Number of Swimmers**: 12  |
| Equipment required: Floating toysNoodlesFloatsArmbands |
| 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)Water Confidence :- Aquatic Breathing, Travel & Coordination  | Specific objective(By the end of the session swimmers will be able to...)Be confident with water on their face Blow into the waterMove around the pool  |
| Water depth required for activities (circle)Shallow depth up to 0.9 m Middle Depth 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 – one pupil at a time2 minutes | Ladders  | Look down to see where you are putting your feetBasic rules for the session |
| Warm up – all pupils together in a circle5 minutes | Washing machine game:Lips in to blow bubbles(soap bubbles)Lay on back and kick feet to make splashLink hands and move Tin a circle to spin the clothes and then the opposite way. | Take off their pretend tops, trousers and stinky socks, pretend to add washing powder. Blow into the water to make bubbles Make big splashes to make clothes clean, the faster you move the quicker we spin our clothes |
| Skill development practices – all pupils together3 minutes3 minutes3 minutes3 minutes3 minutes | Balance and BuoyancyWashing body game(use woggle to support if needed)Wash your faceWash your hair Under your armsWash your feetFloat on the backAquatic breathing1 x width pushing ball using hands1 x width pushing ball with chin1 x width pushing ball with nose Travel and coordinationShopping gameEach swimmer has a float (trolley) and with lots of floating toys on water they must collect as many as they can and bring them to the side  | Cup the water in your hands and splash your facePut lots of water on your hair and rubSplash lots of water to wash withClean those toes Lay on your back and show me your clean toesOne hand and then the other Keep your hands behind your backOnly touch the ball with your noseCollect as many toys as possible without dropping them |
| Cool down – all together4 minutes | Sit on noodle for noodle race | Sit up straight and use your legs to pushBoth at the same time |
| Safe exit - one pupil at a timeEvaluation – all class together4 minutes | Exit by laddersFocus on positive aspects – give hints and pointers for next lesson | Both hands on railLook in front |