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| **Participant information:**  **School Swimming Award 2**  **Time available:** 30 minutes **Age range:** KS2 (Yr4) **Number of Swimmers:** 12 | | | | | | |
| Equipment required:  Balls  Noodles  Floats  Armbands | | | | | | |
| 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)  Travelling & coordination  Rotation | | | Specific objective  (By the end of the session swimmers will be able to..)  Travelling using alternating leg kick on front and back  Floatation and gaining a standing position | | | |
| Water depth required for activities (circle)  Shallow depth up to 0.9m 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 - 1 pupil at a time**  1 minute  Jump in | Jump with a noodle tucked under arms | Jump up and out, land on both feet, knees bent in landing |
| **Warm up – all pupils together**  2 minutes | The hokey-cokey song with noodle to help balance start slow then faster  Left arm in  Right leg  Whole self  Knees bend | Splash your left arm in splash your left arm out  Swish your right leg in swish your right leg out  Jump your whole self in jump your whole self out  All of face in the water |
| **Skill development**  **practices**  2 minutes  2 minutes  2 minutes  2 minutes  2 minutes  2 minutes  2 minutes  2 minutes | **Travel and coordination**  Travel 5 metres on back using noodle around back  Travel 5 metres on back using noodle across chest  Travel 5 metres on back using 2 x floats  Travel 5 metres on back using ball on tummy  Travel 5 metres on front noodle under chest  Travel 5 metres on front noodle arched in front chin on water  Travel using arms to pull with 3 x arm discs on each arm  Repeat above adding blowing bubbles | Head back, toes under water  Ears in, fast feet  Stretch body long  Hide your knees under the water  Chin on water, long legs  Floppy ankles, blow bubbles  Use all your arm to pull with  Lips in and blow |
| **Cool down/contrasting activity**  3 minutes  3 minutes | **Rotation/orientation**  Floating on back in a stretched position Repeat above making different shapes  Floating on back and regain an upright position  Floating on front in a stretched position  Repeat above making different shapes  Floating on front and regain an upright position | Look up, stretch body  Lift head up, bend knees, and stand up  Face in water, stretch body  Lift head up tuck knees under body and slowly stand up |
| **Safe exit –** all pupils together  2 minutes  **Evaluation –** all pupils together  3 minutes | Exit water by the side of pool  Focus on positive aspects – give hints and pointers for next lesson | Both hands on side, push with arms, one knee on side, stand up |