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| **Participant information:** **School Swimming Award 2****Time available:** 30 minutes **Age range:** KS2 (Yr4) **Number of Swimmers:** 12  |
| Equipment required: BallsNoodlesFloatsArmbands |
| 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 & coordinationRotation | Specific objective(By the end of the session swimmers will be able to..)Travelling using alternating leg kick on front and backFloatation 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 fasterLeft arm inRight legWhole selfKnees bend | Splash your left arm in splash your left arm outSwish your right leg in swish your right leg outJump your whole self in jump your whole self outAll of face in the water |
| **Skill development****practices**2 minutes2 minutes2 minutes2 minutes2 minutes2 minutes2 minutes2 minutes | **Travel and coordination**Travel 5 metres on back using noodle around backTravel 5 metres on back using noodle across chestTravel 5 metres on back using 2 x floatsTravel 5 metres on back using ball on tummyTravel 5 metres on front noodle under chestTravel 5 metres on front noodle arched in front chin on waterTravel using arms to pull with 3 x arm discs on each armRepeat above adding blowing bubbles | Head back, toes under waterEars in, fast feetStretch body longHide your knees under the waterChin on water, long legs Floppy ankles, blow bubblesUse all your arm to pull withLips in and blow |
| **Cool down/contrasting activity**3 minutes 3 minutes | **Rotation/orientation**Floating on back in a stretched position Repeat above making different shapesFloating on back and regain an upright positionFloating on front in a stretched positionRepeat above making different shapesFloating on front and regain an upright position | Look up, stretch bodyLift head up, bend knees, and stand upFace in water, stretch bodyLift head up tuck knees under body and slowly stand up |
| **Safe exit –** all pupils together2 minutes**Evaluation –** all pupils together3 minutes | Exit water by the side of poolFocus on positive aspects – give hints and pointers for next lesson | Both hands on side, push with arms, one knee on side, stand up |