



Lesson plan (1a)

School Swimming Award 1

Time required: 30 minutes

Age range: Key stages 1 and 2

Number of pupils : 12

Equipment required

- Floating toys.
- Noodles.
- Floats.
- Floatation equipment e.g. armbands.

Health and 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 pupil)	
Emergency equipment in place		Appropriate depth for session activities		Hair tied back (Teacher and pupil)	

Session aim

Aquatic skills in focus:

- Water confidence.
- Aquatic breathing.
- Travel and coordination.

Specific objective

By the end of the lesson pupils will be able to:

- Be confident with water on their face.
- Blow into the water.
- Move around the pool.

Water depth required for activities

(Circle)

Shallow depth up to 1.0 metre

Middle depth

Deep depth

Time for each skill/practice	Skill/practice (What they do)	Skill teaching point (What pupil thinks about)
Introduction All together. 1 minute.	<ul style="list-style-type: none"> Take the register. Introduction to the lesson aims and objectives. 	
Entry One pupil at a time. 2 minutes.	<ul style="list-style-type: none"> Use of ladders. 	<ul style="list-style-type: none"> With both hands on the rail, go down the steps backwards, one step at a time.
Warm up All pupils together in a circle. 5 minutes.	<p>Washing Machine Game</p> <ul style="list-style-type: none"> Blow bubbles (soap bubbles) Pupils lie on their back and kick feet to make splashes. Link hands and move in a circle to spin the clothes, then repeat the opposite direction – you can use instructions, left, right, clockwise, anti-clockwise. 	<ul style="list-style-type: none"> Pretend to throw clothes in the washing machine and then add washing powder. Blow into the water to make bubbles Make big splashes to get the clothes clean. The faster you move, the quicker we spin our clothes dry.
Skill development practices All pupils together. 5 minutes.	<p>Washing Body Game</p> <p>Use noodle for support if needed:</p> <ul style="list-style-type: none"> Wash your face. Wash your hair. Under your arms. Wash your feet. Float on the back. 	<ul style="list-style-type: none"> Cup the water in your hands and splash your face. Put lots of water on your hair and rub. Splash lots of water to wash with. Clean those toes. Lie on your back and show me your clean toes.
All pupils together. 5 minutes.	<p>Breathing Game</p> <ul style="list-style-type: none"> One width pushing ball using hands. One width blowing the ball. One width pushing ball with chin. One width pushing ball with nose. <p>Shopping Game</p> <ul style="list-style-type: none"> Each pupil 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 poolside. 	<ul style="list-style-type: none"> Use one hand and then the other. Keep face close to the water and blow. Keep your hands behind your back. Only touch the ball with your nose. <ul style="list-style-type: none"> Collect as many toys as possible without dropping them.
Safe exit One pupil at a time. 3 minutes.	<ul style="list-style-type: none"> Exit by ladders. 	<ul style="list-style-type: none"> Both hands on rail. Look in front of you. Move to the side when you have climbed out.
Evaluation All together. 1 minute.	<ul style="list-style-type: none"> Focus on positive aspects. Give hints and pointers for next lesson. 	