



Lesson plan (1c)

School Swimming Award 1			
Time required: 30 minutes		Age range: Key stages 1 and 2	
Number of Pupils: 12			
Equipment required			
<ul style="list-style-type: none"> • Floats. • Laminated cards with coloured beach flags. • Large float. • Egg flips or small floating balls/toys. 			
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		Specific objective	
Aquatic skills in focus: <ul style="list-style-type: none"> • Travel and coordination • Aquatic breathing • Buoyancy and balance • Water safety 		By the end of the lesson pupils will be able to: <ul style="list-style-type: none"> • Blow into the water. • Move through the water at different speeds and using a number of methods. • Understand the meaning of different beach flags. 	
Water depth required for activities			
(Please 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 pupils together. 1 minute.	<ul style="list-style-type: none"> Take the register. Introduction to the lesson, aims and objectives. 	
Entry All pupils together. 5 minutes.	<ul style="list-style-type: none"> Ladder or swivel entry. 	<ul style="list-style-type: none"> With both hands on the rail, go down the steps backwards, one step at a time. Pupils sit on the side with feet in the water. Place both hands firmly to one side and create a diamond shape. Roll onto your tummy and lower into the water carefully.
Warm up One or two pupils at a time. 6 minutes.	Beach Flags <ul style="list-style-type: none"> Laminated cards are placed around the pool (on pool side). The teacher asks various questions relating to a coloured beach flag. Pupils move to the laminated card that they think is correct. Questions could be: 'Which coloured flags means it is safe to swim?' 'Which coloured flag will be flying if it is too dangerous to go into the water?' 'Which coloured flags show the direction the wind is blowing?' 'Which coloured flag will be flying when there are lifeguards on the beach?' 	<ul style="list-style-type: none"> Listen for instructions. Be aware of the space all pupils are moving into. Use your arms and legs to help you travel through the water. Can you move faster through the water?
Skill development practices All pupils together. 10 minutes.	Aquatic Breathing <ul style="list-style-type: none"> Blow egg flips around the pool, flipping the egg so it changes colour. Move a floating object around the pool with the nose. Move a floating object around the pool with the forehead (face in water). Move a floating object around the pool with forehead (face in water), whilst blowing bubbles. Blow Football <ul style="list-style-type: none"> Blow an egg flip to a partner. 	<ul style="list-style-type: none"> Blow at the surface of the water. Get the face closer to the water when moving objects with the nose. Face in the water when pushing objects with the forehead. Remember to breathe in and blow out regularly and rhythmically. <ul style="list-style-type: none"> Try to blow the egg flip past your partner.
Cool down Contrasting activity All pupils. 4 minutes.	Head, Shoulders, Knees and Toes <ul style="list-style-type: none"> Start with the head above the water Touch different parts of the body, moving the head closer to the water. Eventually the whole body will be submerged. 	<ul style="list-style-type: none"> Feet on the pool floor. Try to touch each part of the body with two hands. Blow out into the water with mouth and nose when reaching down to knees and toes.
Safe exit All pupils. 2 minutes.	<ul style="list-style-type: none"> Exit the water by the side of the pool. 	<ul style="list-style-type: none"> Hands placed close to the edge of the pool and palms flat. Lift bodyweight onto the arms. Place knee onto the side to help lift the body from the water.
Evaluation All pupils together. 2 minutes.	<ul style="list-style-type: none"> Focus on positive aspects. Give hints and pointers for the next lesson. 	