



Lesson plan (2a)

School Swimming Award 2			
Time required: 30 minutes		Age range: Key stages 1 and 2	
Number of pupils: 12			
Equipment required			
<ul style="list-style-type: none"> • Floating toys. • Noodles. • Floats. • Floatation equipment e.g. arm discs. 			
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"> • Travelling and coordination. • Rotation. 		By the end of the lesson pupils will be able to: <ul style="list-style-type: none"> • Travel using alternating leg kick on front and back. • Float and gain a standing position. 	
Water depth required for activities			
(Circle)			
Shallow depth up to 1.0 metre	Middle depth	Deep depth	

Time for each practice/skill	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 Individual or pairs. 1 minute.	<ul style="list-style-type: none"> • Jump in with a noodle tucked under arms (minimum depth 1 metre). 	<ul style="list-style-type: none"> • Jump up and out, land with both feet, knees bent on landing.
Warm up All pupils together. 2 minutes.	The Hokey Cokey Song Start slow then get progressively faster... <ul style="list-style-type: none"> • Left arm. • Right leg. • Whole self in. • Knees bend etc. 	<ul style="list-style-type: none"> • 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, and out.
Skill development practices All pupils. All activities should take 2 minutes.	Travel and coordination <ul style="list-style-type: none"> • Travel 5 metres on back using noodle around the back. • Travel 5 metres on back using noodle across the chest. • Travel 5 metres on the back using two floats. • Travel 5 metres on the back using a ball on the tummy. • Travel 5 metres on the front with noodle under the chest. • Travel 5 metres on the front, noodle arched in front, chin on top of the water. • Travel using arms to pull and blowing bubbles, with appropriate floatation equipment. 	<ul style="list-style-type: none"> • Head back, toes under water. • Ears in, fast feet. • Stretch body. • Hide your knees under the water. • Chin on water, long legs. • Floppy ankles, blowing bubbles on your front.
Cool down / contrasting activity. All pupils together. Both activities should take 3 minutes.	Floating on the back <ul style="list-style-type: none"> • Float on the back and regain an upright position. • Floating on the back in a stretched position. Repeat the above making different shapes. Floating on the front <ul style="list-style-type: none"> • Floating on front and regain an upright position. • Float on the front in a stretched position. • Repeat the above making different shapes in the water. 	<ul style="list-style-type: none"> • Lift head up, bend knees and stand up. • Look up, stretch body. • Lift head up, tuck knees under body and slowly stand up. • Face in water, stretch body.
Safe exit One pupil at a time. 2 minutes. Evaluation All together. 4 minutes.	<ul style="list-style-type: none"> • Exit water by the side of pool. • Focus on positive aspects • Give hints and pointers for next lesson. 	<ul style="list-style-type: none"> • Both hands at the side of the body, push with your arms, one knee on poolside, stand up.