



Lesson plan (2b)

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"> • Balls. • Noodles. • Floats. • 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		Specific objective	
Aquatic skills in focus: <ul style="list-style-type: none"> • Streamlining. • Travel and coordination. 		By the end of the lesson pupils will be able to: <ul style="list-style-type: none"> • Demonstrate a push and glide. • Travel from one side of the pool to the other. 	

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, the aims and objectives. 	
Entry All together. 1 minute.	<ul style="list-style-type: none"> Swivel entry. 	<ul style="list-style-type: none"> Sit on poolside. Hands on poolside to one side of the body. Hands make a diamond shape on poolside. Turn body slowly and slide into pool.
Warm up All pupils together. 3 minutes.	Crab Tag <ul style="list-style-type: none"> The players cross the pool, travelling sideways to avoid 'the catcher'. 	<ul style="list-style-type: none"> The catcher waits in the middle of the pool. Crabs are 'safe' if they float with their face submerged blowing bubbles. Crabs who are caught also become catchers. When there are more catchers than crabs a new catcher can be selected and the game restarted.
Skill development practices All pupils together. Each activity should take 2 minutes.	Push and Glides <ul style="list-style-type: none"> Push and glide to the pool wall on front. Push and glide to pool wall (extend distance away from wall). Push and glide away from wall. Push and glide on front and hold for 3 seconds. Push and glide on front and hold for 5 seconds. 	<ul style="list-style-type: none"> Arms stretched out in front, chin close to the water, or face in the water. Stretch body. Face in the water. Slowly push from wall. Blow out when face is in the water. Legs stretched and together. One hand on top of other, straight arms.
Cool down/ Contrasting activity All pupils together. 8 Minutes.	Cross the Swamp <ul style="list-style-type: none"> Spread lots of floatation equipment across the pool. Pupils must travel/ swim across without touching objects. Play as a team relay race. Repeat activity adding floatation equipment each time. 	<ul style="list-style-type: none"> Use arms to move in different directions. Blow or splash objects so they move away from the 'traveller'.
Safe exit All pupils together. 2 minutes.	<ul style="list-style-type: none"> Exit water by the side of pool. 	<ul style="list-style-type: none"> Both hands on side, push with arms, one knee on side, stand up.
Evaluation All together. 2 minutes.	<ul style="list-style-type: none"> Focus on positive aspects – give hints and pointers for next lesson. 	