



Lesson plan 2c

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"> A range of different sized balls. 			
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. Health and fitness. Rotation and orientation. Buoyancy and balance. 		By the end of the lesson pupils will be able to: <ul style="list-style-type: none"> Perform aquatic breathing. Perform a push and glide on the front and back. Float and signal for help. 	

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. 5 minutes.	<ul style="list-style-type: none"> Swivel entry. 	<ul style="list-style-type: none"> 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 All pupils. 5 minutes.	Star Floats and Signal for Help <ul style="list-style-type: none"> Star float on front. Star float on back. Star float on back and signal for help. 	Star float on front <ul style="list-style-type: none"> Face in the water. Stretch arms and legs in a star shape. Star float on back <ul style="list-style-type: none"> Gently lay back. Head back; look at ceiling. Star float on back and signal for help <ul style="list-style-type: none"> Hold one arm in the air. A sculling action with the other arm may be used. Shout for help.
Skill development practices All pupils. 10 minutes.	Narrow Boats <ul style="list-style-type: none"> Start with feet on the pool wall. Push and glide with a long, stretched, streamlined body. Progression <ul style="list-style-type: none"> At the end of the glide, rotate onto the front or back before placing feet on the floor. 	Narrow Boats <ul style="list-style-type: none"> Feet firmly on the pool wall. Stretch the arms out in front of the head. Keep legs together. Toes pointed. Progression <ul style="list-style-type: none"> Turn your head to the side to initiate rotation Turn, shoulders and hips rotate to turn the body.
Cool down Contrasting activity In pairs. 5 minutes.	Copy Cats In pairs mirror each other's actions or sing under the water and guess the tune.	<ul style="list-style-type: none"> Open eyes Try sitting on the bottom Use the arms to stay under longer
Safe exit All pupils. 2 minutes.	<ul style="list-style-type: none"> Exit water by the side of pool, keeping feet out of troughs and off rails. 	<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. Recap learning outcomes. 	