



Lesson plan (3a)

School Swimming Award 3			
Time required: 30 minutes		Age range: Key stages 1 and 2	
Number of pupils: 12			
Equipment required			
<ul style="list-style-type: none"> Sinkers. Noodles. Floats. 			
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 swimmer)
Emergency equipment in place		Appropriate depth for session activities	Hair tied back (Teacher and swimmer)
Session aim		Specific objective	
Aquatic skills in focus:		By the end of the lesson pupils will:	
<ul style="list-style-type: none"> Streamlining. Balance and buoyancy. 		<ul style="list-style-type: none"> Improve push and glides. Develop floatation. 	
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. 1 minute.	<ul style="list-style-type: none"> Jump into the pool and submerge (minimum depth 1.0 metre). 	<ul style="list-style-type: none"> Bend the knees and push with both feet. Look forwards. Bend knees on landing.
Warm up Pupils in pairs. 6 minutes.	<p>Treasure Hunt – three groups of four pupils.</p> <ul style="list-style-type: none"> Each pupil in turn swims across the pool to collect a sinker and return to start then the next pupils goes. Once all pupils have returned the winning team is who has collected the most sinkers in the fastest time. 	<ul style="list-style-type: none"> Pick up objects with both hands. Open eyes under the water.
<p>Skill development practices All pupils together. 6 minutes.</p> <p>All pupils together. 6 minutes</p> <p>In ones and twos 5 minutes.</p>	<p>Push and glides on the front</p> <ul style="list-style-type: none"> Push and glide on the front with one float. Push and glide on the front without float. Push and glide on the front, arms outstretched. <p>Push and glides on the back</p> <ul style="list-style-type: none"> Push and glide on the back with one float under each arm. Push and glide on the back with one float over the tummy. Push and glide on the back with no floats (arms by the side). <p>Under the Rainbow</p> <ul style="list-style-type: none"> Pupils hold different coloured noodles over the water in an arch; other pupils move under the rainbow using a push and glide on the front and back. Noodles can be moved closer to the water to encourage pupils to put their face in the water. Who can get the furthest? 	<ul style="list-style-type: none"> Stretch the arms out in front. Face in the water. One hand on top of other. <ul style="list-style-type: none"> Slowly push away from the wall. Legs straight and together. Head back look up. <ul style="list-style-type: none"> Stretch the body as long as possible. Legs together. Face in the water.
Cool down/ contrasting activity All pupils together. 3 minutes.	<ul style="list-style-type: none"> Star floats on front. 	<ul style="list-style-type: none"> Arms stretched out to side. Face in water. Gently lift feet off floor.
Safe exit One pupil at a time. 1 minute.	<ul style="list-style-type: none"> Exit water by the side of pool. 	<ul style="list-style-type: none"> Both hands on side of the body; push with arms; one knee on side; stand up.
Evaluation All together. 1 minute.	<ul style="list-style-type: none"> Focus on positive aspects. Give hints and pointers for next lesson. 	