



# Lesson plan (3b)

<b>School Swimming Award 3</b>				
<b>Time required:</b> 30 minutes		<b>Age range:</b> Key stages 1 and 2		<b>Number of pupils:</b> 12
<b>Equipment required</b>				
<ul style="list-style-type: none"> <li>• Sinkers.</li> <li>• Noodles.</li> <li>• Floats.</li> <li>• Floatation equipment e.g. arm discs.</li> </ul>				
<b>Health and Safety checks</b>				
(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)
<b>Session aim</b>			<b>Specific objective</b>	
Aquatic skills in focus: <ul style="list-style-type: none"> <li>• Streamlining.</li> <li>• Balance and buoyancy</li> <li>• Rotation.</li> </ul>			By the end of the lesson pupils will be able to: <ul style="list-style-type: none"> <li>• Use rotational skills.</li> <li>• Understand/use submersion and streamlining.</li> </ul>	

<b>Water depth required for activities</b>		
(Circle)		
Shallow depth up to 1.0 metre	Middle depth	Deep depth

<b>Time for each skill/practice</b>	<b>Skill/practice</b> (What they do)	<b>Skill teaching point</b> (What pupil thinks about)
<b>Introduction</b> All together. 1 minute.	<ul style="list-style-type: none"> <li>• Take the register.</li> <li>• Introduction to the lesson, aims and objectives.</li> </ul>	
<b>Entry</b> All pupils together. 1 minute.	<ul style="list-style-type: none"> <li>• Jump into the pool and submerge.</li> </ul>	<ul style="list-style-type: none"> <li>• Bend the knees and push with both feet.</li> <li>• Look forwards.</li> <li>• Bend knees on landing.</li> </ul>
<b>Warm up</b> All pupils together. 6 minutes.	<b>Bean Game</b> <ul style="list-style-type: none"> <li>• Teacher calls out the name of a type of bean.</li> <li>• Pupils perform the movements or shapes suggested by the type of bean.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>French:</b> (standing streamlined like the Eiffel Tower).</li> <li>• <b>Kidney:</b> (performing a mushroom float).</li> <li>• <b>Runner:</b> (running round the pool).</li> <li>• <b>String:</b> (pencil float).</li> <li>• <b>Broad:</b> (star float).</li> <li>• <b>Jumping:</b> (bouncing on the spot).</li> <li>• <b>Mexican:</b> (jumping in a star shape shouting "Arriba!").</li> </ul>
<b>Skill development practices</b> All pupils together. 10 minutes.	<b>Floats</b> <ul style="list-style-type: none"> <li>• Star float on the front.</li> <li>• Star float on the back.</li> <li>• Star float on the back rotate onto front.</li> <li>• Star float on the front rotate onto back.</li> <li>• Star float on the back rotate onto front and stand up.</li> <li>• Star float on the front rotate onto back and stand up.</li> <li>• Perform three different floats and stand up.</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch arms and legs.</li> <li>• Look at ceiling.</li> <li>• Tummy up on back, face in water on front.</li> <li>• Turn head to one side to start rotation.</li> <li>• Both feet on floor when standing up.</li> <li>• Lift head up, chin to chest.</li> <li>• Do not put feet on bottom when changing floating shapes.</li> </ul>
All pupils together. 5 minutes.	<b>Floating Tag</b> <ul style="list-style-type: none"> <li>• One team is made up of 'catchers', the other team of 'escapers'.</li> </ul>	<ul style="list-style-type: none"> <li>• Escapers try to cross the pool without being caught.</li> <li>• Pupils are only safe when floating.</li> <li>• When the escapers have all been caught the game starts again with the teams changing roles.</li> </ul>
<b>Cool down/ contrasting activity</b> Individual or pairs. 4 minutes.	<b>Push and glides</b> <ul style="list-style-type: none"> <li>• Push and glide on the front.</li> <li>• Push and glide on front to pool floor.</li> <li>• Push and glide through a sinking hoop.</li> <li>• Push and glide to pool floor to collect sinkers.</li> </ul>	<ul style="list-style-type: none"> <li>• Push from a wall with feet, hands held out straight.</li> <li>• Keep the body straight as you go through the hoop.</li> <li>• Pick sinkers up with both hands.</li> </ul>
<b>Safe exit</b> All pupils together. 1 minute.	<ul style="list-style-type: none"> <li>• Exit the water by the side of the pool.</li> </ul>	<ul style="list-style-type: none"> <li>• Both hands at the side of the body, push with arms, one knee on side, stand up.</li> </ul>
<b>Evaluation</b> All together. 2 minutes.	<ul style="list-style-type: none"> <li>• Focus on positive aspects.</li> <li>• Give hints and pointers for next lesson.</li> </ul>	