



Lesson plan 3c

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"> A range of different sized balls 			
Health and safety checks			
(Tick when satisfactory)			
Poolside clean and dry		Water temperature	
Lifeguards present (N/A if not required)		Water clarity	Lighting in good working order
Emergency equipment in place		Appropriate depth for session activities	Jewellery removed (Teacher and pupil)
Emergency equipment in place			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"> Float in different ways. Float and regain standing from front and back. Perform a push and glide on front or back. 	

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.	Jump in Entry <ul style="list-style-type: none"> Use a streamlined position. Give pupils the option of hands by their side or above their head. 	<ul style="list-style-type: none"> Curl toes over the edge. Look in front. Jump up and away from poolside. Lift knees towards chest and lower before entering the water. Feet together.
Warm up All pupils. 5 minutes.	Float and Regain Standing <ul style="list-style-type: none"> From the front: star float on the front for a number of seconds, until feeling the urge to take a breath. Then pupils must regain standing with feet on the pool floor. From the back: star float on the back, and on a signal, pupils must stand up with feet on the pool floor. 	From the front <ul style="list-style-type: none"> Float with the face in the water. Lift the head. Press down towards the pool floor with palms of hands. Tuck knees towards chest. Extend the legs and put both feet firmly onto the floor. From the back <ul style="list-style-type: none"> Float with eyes looking up to the ceiling. Lift the head to initiate the rotation. Tuck knees towards the chest. Press down towards the pool floor with the palm of the hands. Extend the legs and put both feet firmly onto the floor.
Skill development practices All pupils. 10 minutes.	Narrow Boats <ul style="list-style-type: none"> Starting with feet on the wall, push and glide with a long, stretched, streamlined body on the front and then on the back. Progression <ul style="list-style-type: none"> Rotate onto either the front or back at the end of the glide, before placing the feet on the floor. 	<ul style="list-style-type: none"> Stretch the arms out above the head on the front. Arms by side or above the head on the back. Face in the water on the front. Ears in the water on the back.
Cool down/ Contrasting activity In pairs or groups. 5 minutes.	Floating Letters and Shapes <ul style="list-style-type: none"> Tuck floats, star floats and pencil floats in pairs or groups. Making letters or words. 	<ul style="list-style-type: none"> Curl up with chin on chest, knees close to chest. Arms around the knees. Making different shapes in the water with the body. Make a letter in pairs Make a 3 letter word in groups
Safe exit All pupils. 2 minutes.	<ul style="list-style-type: none"> Climb out by the side of the 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 on learning outcomes 	

