



Lesson plan (4a)

School Swimming Award 4				
Time required: 30 minutes		Age range: Key stages 1 and 2		Number of pupils: 12
Equipment required				
<ul style="list-style-type: none"> • Noodles • Floats • Toys • 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 swimmer)
Emergency equipment in place		Appropriate depth for session activities		Hair tied back (Teacher and swimmer)
Session aim			Specific objective	
Aquatic skills in focus: <ul style="list-style-type: none"> • Streamlining. • Travel and coordination. • Rotation. • Balance and buoyancy. 			By the end of the lesson pupils will be able to: <ul style="list-style-type: none"> • Link streamlining and rotational skills. • Build floatation sequences. 	
Water depth required for activities				
(Circle)				
Shallow depth up to 1.0 metre	Middle depth	Deep depth		

Time for each 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 All pupils together. 1 minute.	<ul style="list-style-type: none"> • Swivel entry. 	<ul style="list-style-type: none"> • Pupils sit on the poolside. • Place both hands on the poolside to one side of the body. • Hands make a diamond shape on the poolside. • Turn the body slowly and slide into the pool.
Warm up All pupils together. 6 minutes.	<p>Alphabet Floats Perform a sequence of changing floating positions (a minimum of three floats).</p> <p>In pairs or groups of three, pupils make a letter using different float shapes:</p> <ul style="list-style-type: none"> • Pencil float. • Star float. • Mushroom float. <p>In groups, pupils make a three letter word using floating skills.</p>	<ul style="list-style-type: none"> • Keep feet off floor when changing float positions. • Each floating position must be held for 5 seconds. • Keep in contact with your group. • Everybody takes a turn at each type of float position.
Skill development practices All pupils together. 14 minutes.	<p>Push and Glide Challenge</p> <ul style="list-style-type: none"> • Place different colour cones/floats on the poolside. • Push and glide on the front to try and pass the different coloured cones/floats. • Push and glide on back to try and pass the different coloured cones/floats. • Push and glide on front count to three and log roll onto back. • Push and glide on back count to three and log roll onto front. • Repeat the above two practices counting to five before rolling on to back/front. 	<ul style="list-style-type: none"> • Stretch body as long as possible. • Face in water on front. • Eyes looking up when on the back. • Keep the arms extended above head, arms over the ears. • Keep the legs long and together.
Cool down/ contrasting activity Individual or pairs. 5 minutes.	<p>Blow Egg Flip</p> <ul style="list-style-type: none"> • Move through the water blowing an egg flip. 	<ul style="list-style-type: none"> • Blow out hard so it flips over. • Travel using arms and legs whilst blowing.
Safe exit All pupils together. 1 minute.	<ul style="list-style-type: none"> • Exit water without the use of the steps. 	<ul style="list-style-type: none"> • Both hands on the side of the body, push with arms, one knee on the poolside, stand up.
Evaluation All together. 2 minutes.	<ul style="list-style-type: none"> • Focus on positive aspects. • Give hints and pointers for the next lesson. 	