



Lesson plan (4b)

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 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. • Rotation. • Water safety. 		By the end of the lesson pupils will be able to: <ul style="list-style-type: none"> • Introduce water safety. • Improve kicking. 	

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 the 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 at a time. 2 minutes.	<ul style="list-style-type: none"> Steps (ladder). 	<ul style="list-style-type: none"> Walk down the steps backwards. One foot on step at a time. Both hands on the rails.
Warm up All pupils together. 5 minutes.	Action for getting help <ul style="list-style-type: none"> Pupils in the water shout for help and raise one arm in the air to attract attention. If there is any floatation equipment nearby pupils can use this to help them keep afloat until help arrives. Noodles, floats, and empty 5 litre water bottles can be used. 	<ul style="list-style-type: none"> If in shallow water, keep shoulders under the water. If in deep water, pupils must tread water. Raise one arm to signal for help. Tell pupils to find a floating object and keep hold of it. Encourage the pupils to hold onto the floating object and continue shouting for help.
Skill development practices All pupils together. 14 minutes.	Grab a Float <ul style="list-style-type: none"> Floats in the middle of the pool (lesson area). Teacher shouts "Grab a float!" Pupils travel to floats, pick up a float and kick their legs back to poolside on the front. Repeat the activity kicking legs on the back. Repeat activity with "Grab a noodle!" sitting on a noodle, using only the arms to move across the pool. Travel <ul style="list-style-type: none"> Using arms and legs (pupil's choice), travel across the pool on the front. Using arms and legs (pupil's choice) swim across the pool on the back. Swim one width (10 metres) on the front rotate onto the back, swim back to start on the back. 	<ul style="list-style-type: none"> Hold a float with straight arms. Use long legs. Keep ankles floppy. Keep arms under the water. Chin on top of the water. Keep feet off the pool floor. Front crawl <ul style="list-style-type: none"> Legs long, floppy ankles. Stretch arms out in front of body. Pull under tummy. Breaststroke <ul style="list-style-type: none"> Make circles with the feet, try to turn the feet out. Draw a circle with the hands. Keep hands under the water. Backstroke <ul style="list-style-type: none"> Continuous leg kick. Long legs. Look at ceiling. Sculling action with arms, keeps hands close to body. Keep feet off pool floor when rotating onto the front. Lift the head up, bring knees under the body to rotate.
Cool down/ contrasting activity In groups. 5 minutes.	Shopping Trolley <ul style="list-style-type: none"> Pupils have a float. First pupil kicks the legs on front to collect a toy. They place the toy on the float and kick the legs to swim back to their group. Next pupil takes a turn. 	<ul style="list-style-type: none"> Continuous leg kick. Keep toy on the float. Hold the float with both hands.

Safe exit All pupils together. 1 minute.	<ul style="list-style-type: none">• Exit water without using the steps.	<ul style="list-style-type: none">• Both hands on side, push with arms, one knee on poolside, stand up.
Evaluation All together. 2 minutes.	<ul style="list-style-type: none">• Focus on positive aspects.• Give hints and pointers for next lesson.	