



Lesson plan (4c)

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 or floats. • Small items to collect. 			
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. • Streamlining. • Aquatic breathing. 		By the end of the lesson pupils will be able to: <ul style="list-style-type: none"> • Kick 10 metres backstroke. • Perform push and glides on front, to the pool floor. • Travel on and under the water. 	

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 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"> Jump into the pool submerge, surface and return to poolside. 	<ul style="list-style-type: none"> Curl toes over the edge. Look in front. Jump away from poolside. Swim any stroke back to poolside.
Warm up All pupils. 5 minutes.	Push and Glide <ul style="list-style-type: none"> Starting with feet on the wall, push and glide with a long, stretched, streamlined body on the front. Push and glide towards the pool floor (a sinker may be used to encourage pupils to push to the bottom). 	<ul style="list-style-type: none"> Stretch the arms out above the head. Face in the water. Keeps eyes open. Point fingers to the pool floor on the push.
Skill development practices All pupils. 10 minutes.	Grab a Float <ul style="list-style-type: none"> Floats are in the middle of the pool, whilst pupils stand around the side of pool. On a signal pupils travel to pick up a float and return to the side holding a float on the tummy and kicking the legs on the back. Repeat with pupils holding float over the knees and kicking on the back. Repeat with pupils holding the float above the head and kicking on back. Progression <ul style="list-style-type: none"> Kick 10 metres on the back to a float and then travel back with the float. 	<ul style="list-style-type: none"> Long straight legs. Kick from the hip. Point the toes. Floppy feet. Hold onto the equipment with both hands. Look up at the roof, ears in the water. Push the tummy up. Kick fast and make a small splash.
Cool down/ Contrasting activity Groups of two or four. 5 minutes.	Obstacle Race <ul style="list-style-type: none"> Pupils travel to a noodle and swim under it; then travel to a hoop flat on the water surface and swim over and through it; then swim under a float and through another hoop; then travel back to the starting point for the next pupil to take their turn. 	<ul style="list-style-type: none"> Open eyes when under the water. Try to complete the course without touching the floor. Travel on the front.
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"> Select key positive areas and recap learning outcomes 	