



# Lesson plan 5a (backstroke)

<b>School Swimming Award 5</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>• Noodles</li> <li>• Floats</li> <li>• Pull buoys</li> </ul>			
<b>Health and safety checks</b>			
(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)
<b>Session aim</b>		<b>Specific objective</b>	
Aquatic skills in focus:		By the end of the lesson pupils will:	
<ul style="list-style-type: none"> <li>• Travel and coordination.</li> <li>• Rotation.</li> <li>• Balance and buoyancy.</li> </ul>		<ul style="list-style-type: none"> <li>• Improve backstroke.</li> <li>• Introduce handstands.</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 the 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 pool.</li> </ul>	<ul style="list-style-type: none"> <li>Toes over the edge.</li> <li>Check the area before jumping.</li> <li>Bend 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. 3 minutes.	<b>Buoyancy and changing shapes</b> <ul style="list-style-type: none"> <li>Perform a tuck float (mushroom float).</li> <li>Perform a sequence of changing shapes, such as star floats, pencil floats, mushroom floats.</li> </ul>	<ul style="list-style-type: none"> <li>Bring knees under chest.</li> <li>Tuck chin into chest.</li> <li>Wrap arms around knees.</li> <li>Keep feet off floor when changing shapes.</li> <li>Rotate from front to back.</li> </ul>
<b>Skill development Practices</b> In pairs. 4 minutes.  2 minutes per activity.	<b>Kicking duel on the back</b> <ul style="list-style-type: none"> <li>Pupils in pairs, one facing one way and one facing the opposite way, noodle placed between the pair, holding noodle near to the end.</li> <li>Both pupils hold the noodle on their tummy and float on the back.</li> <li>On the command, the pupils start kicking legs on their back. As they kick they should spin in a circle.</li> </ul> <b>Travel and kicking on the back</b> <ul style="list-style-type: none"> <li>Two widths Backstroke.</li> <li>Two widths kicking with pull buoy on chest/tummy.</li> <li>Two widths kicking no floatation equipment, arms by side.</li> <li>Two widths left arm only (pull buoy tucked under right arm).</li> <li>Two widths right arm only (pull buoy tucked under left arm).</li> <li>Full stroke backstroke.</li> <li>Full stroke backstroke.</li> </ul>	<ul style="list-style-type: none"> <li>Head back – ears in the water.</li> <li>Continuous leg kick.</li> <li>Floppy ankles.</li> </ul> <ul style="list-style-type: none"> <li>Head back looking up.</li> <li>Long legs, toes in water.</li> <li>Continuous leg kick.</li> <li>Keep arms straight and relaxed over water.</li> <li>Little finger enters water first.</li> <li>Pull under water all the way to the hip.</li> <li>Thumb exits the water first.</li> </ul>
<b>Cool down/ contrasting activity</b> All together. 4 minutes.	<ul style="list-style-type: none"> <li>Handstands.</li> </ul>	<ul style="list-style-type: none"> <li>Head down under water.</li> <li>Lift the hips.</li> <li>Place both the hands on the pool floor.</li> <li>Stretch both legs above the head and keep together.</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 pool.</li> </ul>	<ul style="list-style-type: none"> <li>Both hands on poolside, push with the arms, one knee on the 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>	