



Lesson plan (5b)

School Swimming Award 5			
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. 			
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:		By the end of the lesson pupils will:	
<ul style="list-style-type: none"> • Travel and coordination. • Water safety. 		<ul style="list-style-type: none"> • Improve self-rescue. • Improve front crawl 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 All pupils together. 1 minute.	<ul style="list-style-type: none"> Jump into pool. 	<ul style="list-style-type: none"> Toes over the edge. Check the area around. Bend knees and push with both feet Look forwards. Bend knees on landing.
Warm up In pairs. 6 minutes.	<ul style="list-style-type: none"> Shout and signal rescue – one pupil is in the water, one pupil is on poolside. Once completed, pupils change over. 	<ul style="list-style-type: none"> Use breaststroke legs to kick (pupil in water). Shout for help (both pupils – on poolside and in water). Demonstrate what to do with your arms (pupil on poolside). Pupil on poolside to shout to pupil in the water, encouraging them to the side. If the pupil in the water is close enough, the pupil on poolside can throw them a buoyant object.
Skill development practices All pupils together 2 minutes Individual and pairs 2 minutes In pairs. 2 minutes. Individual and pairs 3 minutes for each activity.	Tag Game <ul style="list-style-type: none"> One pupil has a float held in both hands and they must chase the others. When they touch someone with the float that person then becomes the chaser with the float. Front crawl kicking practices <ul style="list-style-type: none"> Two widths with arms extended above the head, face in the water. Push glide and flutter kick. Short rest after each width. Kicking Duel <ul style="list-style-type: none"> In pairs at opposite sides of a noodle or float, each pupil takes hold of the noodle or float with straight arms. They must keep flat, using their flutter leg action to try to push the opponent. Swap pairs. Kick on side <ul style="list-style-type: none"> 2 x 1 width kick on the side using flutter action. 2 x1 widths kick on the opposite side using flutter. 2 x ½ width on the left side ½ width on the right. 	<ul style="list-style-type: none"> Chasers must kick front crawl legs Stretch legs and keep them long. Relaxed ('floppy') ankles and make a small splash with your toes. Keep arms straight. Fast feet. Kick your feet past each other. Stretch long legs. Kick your socks off. Faster kicks.
Cool down/contrasting activity Individual and pairs. 3 minutes.	<ul style="list-style-type: none"> Push and glide with arms extended on front, and roll onto back. 	<ul style="list-style-type: none"> Keep body stretched.
Safe exit All pupils together. 1 minute.	<ul style="list-style-type: none"> Exit water by the side of pool. 	<ul style="list-style-type: none"> Both hands on side, push with arms, one knee on side, stand up.
Evaluation All together. 2 minutes.	<ul style="list-style-type: none"> Focus on positive aspects. Give hints and pointers for next lesson. 	