



# Lesson plan (5c)

|  |  |   |                                       |
|--|--|---|---------------------------------------|
| <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>• Floats</li><li>• Pull buoys</li></ul>  |  |   |                                       |
| <b>Health and safety checks</b>  |  |   |                                       |
| (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)    |
| <b>Session aim</b>   |  | <b>Specific objective</b>   |                                       |
| Aquatic skills in focus:   |  | By the end of the lesson pupils will be able to:  |                                       |
| <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>• Introduce a dolphin leg action.</li><li>• Introduce a breaststroke leg action.</li><li>• Build sequences.</li></ul> |                                       |

|  |              |            |
|--|--------------|------------|
| <b>Water depth required for activities</b> |              |            |
| (Circle)                                   |              |            |
| Shallow depth up to 1.0 metre              | Middle depth | Deep depth |

| Time for each skill/practice   | Skill/practice<br>(What they do)   | Skill teaching point<br>(What pupil thinks about)  |
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| <b>Introduction</b><br>All together.<br>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><br>All pupils together.<br>2 minutes.                                 | <ul style="list-style-type: none"> <li>Jump into the water and submerge.</li> </ul>  | <ul style="list-style-type: none"> <li>Toes over edge of poolside.</li> <li>Check area around before jumping.</li> <li>Look forwards.</li> <li>Bend the knees on landing.</li> </ul>   |
| <b>Warm up</b><br>In pairs.<br>5 minutes.  | <b>Statuses</b> <ul style="list-style-type: none"> <li>Pupils travel or swim around the pool until a signal is made (the music stops or the teacher makes a signal).</li> <li>Pupils take up a standing position – like a statue - and hold it.</li> <li>The longest held wins a point.</li> </ul>   | Types of statue (the teacher can provide ideas): <ul style="list-style-type: none"> <li>Archer</li> <li>Boxer</li> <li>Ship's lookout</li> <li>Ballerina</li> <li>Animal</li> <li>Keep feet off the pool floor when moving around.</li> <li>Use the arms and legs to travel around the pool.</li> </ul>  |
| <b>Skill development practices</b><br>All pupils together.<br>14 minutes in total. | <b>Porpoising</b> <ul style="list-style-type: none"> <li>Pupils porpoise around the pool.</li> <li>Pupils porpoise over a noodle.</li> </ul> <b>Pearl Fishing</b> <ul style="list-style-type: none"> <li>Pupils travel to collect two small balls.</li> <li>Holding a small ball in each hand, dolphin leg kick on front.</li> <li>Pupils travel to collect one larger ball. Holding a ball on the tummy, swim on the back using a dolphin leg kick.</li> <li>Repeat above practices increasing distance the pupils kick.</li> </ul> | <ul style="list-style-type: none"> <li>Jump from the floor with both feet.</li> <li>Jump over the water.</li> <li>Enter the water with hands, then head.</li> <li>Push up from the floor, leading the body out of water.</li> <li>The action is continuous.</li> <li>Move the head up and down to help undulation.</li> <li>Use a wriggly action 'like a worm'.</li> <li>Keep the legs close together, kicking them at the same time.</li> </ul> |
| <b>Cool down/ contrasting activity</b><br>In groups.<br>5 minutes.                 | <b>Treasure Hunt</b> <ul style="list-style-type: none"> <li>One side of the pool is the shipwreck and the other is the island.</li> <li>Robinson Crusoe and his friends have to carry saved items from the shipwreck to the island without them getting wet.</li> <li>Pupils identify different ways of moving e.g. swimming backstroke holding the item above the chest; swimming on the front with the object resting on a float; wading.</li> </ul>   | <ul style="list-style-type: none"> <li>Breaststroke on the back holding the item above the chest.</li> <li>Breaststroke on the front with item resting on a float.</li> </ul>  |
| <b>Safe exit</b><br>All pupils together.<br>1 minute.                              | <ul style="list-style-type: none"> <li>Exit water without the use of steps.</li> </ul>   | <ul style="list-style-type: none"> <li>Both hands on the side, push with arms, one knee on the side, stand up.</li> </ul>  |
| <b>Evaluation</b><br>All together.<br>2 minutes.                                   | <ul style="list-style-type: none"> <li>Focus on positive aspects.</li> <li>Give hints and pointers for next lesson.</li> </ul>   |  |