



Lesson plan (5c)

School Swimming Award 5

Time required: 30 minutes

Age range: Key stages 1 and 2

Number of pupils: 12

Equipment required

- Floats
- Pull buoys

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

Aquatic skills in focus:

- Travel and coordination.
- Rotation.
- Balance and buoyancy.

Specific objective

By the end of the lesson pupils will be able to:

- Introduce a dolphin leg action.
- Introduce a breaststroke leg action.
- Build sequences.

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