



Lesson plan (5d)

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 or floats. • Small items to collect. 			
Health and safety check			
(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. • Buoyancy and balance. 		By the end of the lesson pupils will be able to: <ul style="list-style-type: none"> • Kick 10 metres breaststroke. • Perform a horizontal scull. • Travel and log roll from front to back and back to front. 	

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.	Rotation Traffic Lights <ul style="list-style-type: none"> Different coloured cones are placed on poolside. Pupils travel on their front from the side to the first cone; they then log roll onto the back and travel on the back to the second cone; they then log roll onto their front and travel on their front to the third cone. 	<ul style="list-style-type: none"> Turn head, shoulders and hips rotate. Keep arms and legs straight and still when rotating. Swim and roll in one continuous movement.
Skill development practices All pupils. 10 minutes.	Shopping Trolley <ul style="list-style-type: none"> Pupils use breaststroke legs and hold two floats out in front (their trolley). Pupils swim around the pool area using only breaststroke leg kick and collect various items to put into their 'trolley'. Once the trolley is full, pupils take the items to the 'checkout.' This could be a large float on at the edge of the pool. Progression <ul style="list-style-type: none"> Take away the trolley and ask the pupils to use full stroke breaststroke and carry shopping items on their head. Example: take an arm disc to the checkout. 	<ul style="list-style-type: none"> Heels draw up towards the seat. Feet pointing out when kicking back. Bring legs together at the end of the kick. Keep the head steady.
Cool down/ Contrasting activity Pairs or groups of three. 5 minutes	Floating Alphabet <ul style="list-style-type: none"> Each pair or group sees how many different letters they can create by using floating shapes. 	<ul style="list-style-type: none"> Chin to chest (mushroom float). Look up at the ceiling (float on back). Face in water (float on front). Keep feet off the pool floor when changing shapes. Hold each float for 5 seconds.
Safe exit All pupils. 2 minutes.	<ul style="list-style-type: none"> Climb out by the side of the pool. Keep 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"> Focus on positive aspects. Recap on learning outcomes. 	