



Lesson plan (6a)

School Swimming Award 6			
Time required: 30 minutes		Age range: Key stages 1 and 2	
Number of pupils: 12			
Equipment required			
<ul style="list-style-type: none"> • 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		Specific objective	
Aquatic skills in focus: <ul style="list-style-type: none"> • Travel and coordination. • Rotation. • Balance and buoyancy. 		By the end of the lesson pupils will: <ul style="list-style-type: none"> • Introduce sculling. • Improve treading water. 	

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. 1 minute.	<ul style="list-style-type: none"> Jump into the pool. 	<ul style="list-style-type: none"> Bend knees and push with both feet. Look forwards. Bend knees on landing.
Warm up Individual and pairs. 5 minutes.	<ul style="list-style-type: none"> Perform three different jump entries, e.g. star jump; tuck jump; pencil jump. 	<p>Star jump</p> <ul style="list-style-type: none"> Make a star in the air and bring arms and legs together when entering the water. <p>Tuck jump</p> <ul style="list-style-type: none"> Bring your knees to your chest; keep back and legs straight when entering the water.
<p>Skill development practices In pairs. 4 minutes.</p> <p>All pupils. 3 minutes.</p> <p>Individual and pairs. 5 minutes.</p> <p>Individual and pairs. 5 minutes.</p>	<p>Reflection game</p> <ul style="list-style-type: none"> Pupils get into pairs. Facing each other, staying opposite, they must travel sideways using a sculling action with their hands. <ul style="list-style-type: none"> Horizontal stationary scull. Head-first sculling action. Feet-first sculling. 	<ul style="list-style-type: none"> Keep hands close to the body. Sweep hands in and out just under the water. Body in a stretched floating position on the back. Arms stay close to the body. Hands sweep in and out in a figure of eight motion (thumbs up and thumbs down). Legs together, toes pointed. Palms face towards the feet – fingertips face up towards the surface of the water. Keep your head back, looking up at the ceiling, and finger tips pointing towards pool floor. Palms are facing backwards towards the head.
Cool down/ contrasting activity All pupils together. 3 minutes.	<p>Treading water</p> <ul style="list-style-type: none"> Treading water, rotating clockwise and then anticlockwise. 	<ul style="list-style-type: none"> Keep the body in an upright position. Scull with the hands. Use a breaststroke kick, scissor kick, cycling action, running-type action, or eggbeater kick.
Safe exit All pupils together. 1 minute	<ul style="list-style-type: none"> Exit the water by the side of pool. 	<ul style="list-style-type: none"> Both hands at the side, push with the arms, one knee on the side, stand up.
Evaluation All together. 2 minutes	<ul style="list-style-type: none"> Focus on the positive aspects. Give hints and pointers for the next lesson. 	