



Lesson plan (6b)

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 • Toys, balls, bricks, sinkers 					
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. 			By the end of the lesson pupils will be able to: <ul style="list-style-type: none"> • Swim in clothing. • Understand how to do handstands and somersaults in the 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 Individual and pairs. 2 minutes.	<ul style="list-style-type: none"> • Straddle entry into the pool 	<ul style="list-style-type: none"> • Toes over the edge. • Arms are bent and held at shoulder height. • Step off the poolside into the water. • Lean forward. • Keep the legs apart and push down onto the water with the hands • Keep the head above water.
Warm up All together 6 minutes.	Weather Game <ul style="list-style-type: none"> • Pupils move around the pool while the teacher randomly calls out: <ul style="list-style-type: none"> • “Snow!” • “Thunder!” • “Rain!” • “Lightning!” • Pupils ignore other weathers, but perform a handstand on the word “Lightning!” and somersault on the word “Thunder”. 	Somersault technique: <ul style="list-style-type: none"> • Push the head into the water. • Head tucked into the chest. • Bring knees up under the body. • Use hands in a sculling motion to help propel the rotation. Handstand technique <ul style="list-style-type: none"> • Push the head under the water. • Bend at the hips. • Place both hands on the pool floor. • Legs extended and held straight and together.
Skill development practices All pupils together. 15 minutes.	Desert Island <ul style="list-style-type: none"> • Pupils are dressed in clothing (long trousers and t-shirt/skirt and t-shirt, or pyjamas). • The island is at one pool edge and the shipwreck is at the other. • Pupils retrieve objects - floats, pull buoys, sinkers, toys, etc. from the shipwreck and take them to the island. • Large play mats act as debris from the shipwreck to be avoided as they transport the equipment from one side to the other. • Pupils move continuously, changing direction to collect objects and to avoid obstacles. 	<ul style="list-style-type: none"> • Swim slowly, avoiding the large mats. • Swim with arms under the water (front/back paddle). • Swim smoothly to avoid disturbing the water. • Consider different ways to transport the equipment on your back and/or front. • Keep the head above the water.
Cool down/ contrasting activity In pairs/groups. 4 minutes.	Floating patterns and formations. <ul style="list-style-type: none"> • Each pair/group performs a sculling sequence, to include a rotation. 	<ul style="list-style-type: none"> • Keep the hands close to the body when sculling. • Legs should be straight with toes pointed, using continuous movements.
Safe exit All pupils together. 1 minute.	<ul style="list-style-type: none"> • Exit the deep water without the use of the steps. 	<ul style="list-style-type: none"> • Both hands at the side, push down with arms, bring one knee onto the poolside, stand up.
Evaluation All together. 2 minutes.	<ul style="list-style-type: none"> • Focus on positive aspects. • Give hints and pointers for the next lesson. 	