



# Lesson plan (6c)

<b>School Swimming Award 6</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>Noodles or floats</li> <li>Small items to collect</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 swimmer)
Emergency equipment in place		Appropriate depth for session activities	Hair tied back (Teacher and swimmer)
<b>Session aim</b>		<b>Specific objective</b>	
Aquatic skills in focus: <ul style="list-style-type: none"> <li>Travel and Coordination</li> <li>Entry and exits</li> </ul>		By the end of the lesson pupils will be able to: <ul style="list-style-type: none"> <li>Swim 10 metres in two strokes.</li> <li>Swim 25 metres.</li> <li>Exit the water without using steps.</li> <li>Swim in clothes.</li> </ul>	

<b>Water depth required for activities</b>		
(Please circle)		
Shallow depth up to 1.0 metre	Middle depth	Deep depth

<b>Time for each skill/practice</b>	<b>Skill/practice</b> (What they do)	<b>Skill teaching point</b> (What pupil thinks about)
<b>Introduction</b> All pupils together. 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> All pupils. 5 minutes	<ul style="list-style-type: none"> <li>• Jump in entry using three different jumps, e.g. star, pencil, tuck,</li> </ul>	<ul style="list-style-type: none"> <li>• Toes over the edge to start.</li> <li>• Jump up and out.</li> <li>• Straight body on entry.</li> </ul>
<b>Warm up</b> All pupils. 5 minutes.	<b>Breathing Holes</b> <ul style="list-style-type: none"> <li>• Hoops or noodles are placed on the surface of the water.</li> <li>• Pupils must go over and under, breathing when they surface.</li> </ul>	<ul style="list-style-type: none"> <li>• Breathing in when at the surface and blow out under water.</li> <li>• Keep eyes open under water.</li> <li>• Keep arms extended when going over and under the hoops/noodles.</li> </ul>
<b>Skill development practices</b> Teams of four. 10 minutes.	<b>Relay Races</b> <ul style="list-style-type: none"> <li>• In teams of four pupils must choose which stroke they would like to use.</li> <li>• When the race is completed, pupils must choose another stroke to swim in for the next race, and so on.</li> <li>• The first two relays are completed over 10 metres.</li> </ul> <b>Progression</b> <ul style="list-style-type: none"> <li>• Pupils swim a 25 metre relay choosing their own stroke.</li> </ul>	<ul style="list-style-type: none"> <li>• Wait until your teammate has touched the side before setting off.</li> <li>• You must change strokes on each relay.</li> <li>• Start your swim with a push and glide.</li> <li>• Do not touch the side of the pool or pool floor.</li> <li>• Use a regular breathing pattern.</li> <li>• Try to swim with controlled arm and leg actions.</li> </ul>
<b>Cool down/ Contrasting activity</b> All pupils. 5 minutes	<b>Safe Self-rescue Circuit</b> <ul style="list-style-type: none"> <li>• Wearing t-shirt and shorts, pupils perform a self-rescue circuit which must include a 10 metre swim. For example, enter the water by a fall in entry, float for 30 seconds, swim 10 metres to a floating object and take up the HELP.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform the circuit without touching the side of the pool or pool floor.</li> <li>• The float must be on the back.</li> <li>• Swim 10 metres slowly to conserve energy.</li> <li>• Use the personal survival stroke when swimming.</li> </ul>
<b>Safe exit</b> All pupils. 2 minutes.	<ul style="list-style-type: none"> <li>• Climb out in clothes by the side of the pool. Feet out of troughs and off rails.</li> </ul>	<ul style="list-style-type: none"> <li>• Hands placed close to the edge of the pool and palms flat.</li> <li>• Transfer bodyweight onto the arms.</li> <li>• Place knee onto the side to help lift the body from the water.</li> </ul>
<b>Evaluation</b> All pupils together. 2 minutes.	Focus on positive aspects. Recap on learning outcomes.	