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| --- | --- | --- | --- | --- | --- | --- |
| School Swimming Award X  **Time required:** X minutes **Age range:** Key Stage X (Year X) **Number of Pupils:** X | | | | | | |
| Equipment required | | | | | | |
| 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: | | | Specific objective  By the end of the lesson pupils will be able to: | | | |

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| Water depth required for activities  (Please circle)  Shallow depth up to 1.0 metre Middle depth Deep depth |

Lesson plan (x)

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| Time for each skill/practice | Skill/practice  (What they do) | Skill teaching point (What pupil thinks about) |
| **Entry**  Pupils  Duration |  |  |
| **Warm up**  Pupils  Duration |  |  |
| **Skill development**  **practices**  Pupils  Duration | **Activity Header**  [Details] |  |
| **Cool down**  **Contrasting activity**  Pupils  Duration | **Activity Header**  [Details] |  |
| **Safe exit**  Pupils  Duration |  |  |
| **Evaluation**  Pupils  Duration |  |  |