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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 objectiveBy 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**PupilsDuration |  |  |
| **Warm up**PupilsDuration |  |  |
| **Skill development****practices**PupilsDuration | **Activity Header**[Details]  |   |
| **Cool down****Contrasting activity** PupilsDuration | **Activity Header**[Details] |  |
| **Safe exit**PupilsDuration |  |  |
| **Evaluation**PupilsDuration |  |  |