### Lesson plan (4b)

#### School Swimming Award 4

<table>
<thead>
<tr>
<th>Time required: 30 minutes</th>
<th>Age range: Key Stage 2 (Year 4)</th>
<th>Number of swimmers: 12</th>
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#### Equipment required
- Noodles
- Floats
- Toys
- Balls

#### 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 swimmer)
- Emergency equipment in place
- Appropriate depth for session activities
- Hair tied back (Teacher and swimmer)

#### Session aim
Aquatic skills in focus:
- Travel and coordination
- Rotation
- Water safety

#### Specific objective
By the end of the lesson swimmers will be able to:
- Introduce water safety
- Improve kicking

#### Water depth required for activities
(Please circle)
- Shallow depth up to 1.0 metre
- Middle depth
- Deep depth
<table>
<thead>
<tr>
<th><strong>Time for each practice</strong></th>
<th><strong>Skill practice</strong> (What they do)</th>
<th><strong>Skill teaching point</strong> (What the swimmer thinks about)</th>
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</thead>
<tbody>
<tr>
<td><strong>Introduction</strong>&lt;br&gt;Whole class&lt;br&gt;1 Minute</td>
<td>Take the register.&lt;br&gt;Introduction to the lesson, aims and objectives.</td>
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<tr>
<td><strong>Entry</strong>&lt;br&gt;One at a time&lt;br&gt;2 minutes</td>
<td>Steps (ladder).</td>
<td>Walk down the steps backwards.&lt;br&gt;One foot on step at a time.&lt;br&gt;Both hands on the rails.</td>
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<tr>
<td><strong>Warm up</strong>&lt;br&gt;All pupils in pairs&lt;br&gt;5 minutes</td>
<td><strong>Action for getting help</strong>&lt;br&gt;In pairs, one pupil in water one pupil on the poolside.&lt;br&gt;Pupil in the water shouts for help and raises one hand to attract attention.&lt;br&gt;Pupils on side waits until shouts and hand raise have been performed.&lt;br&gt;They then throw a float to their partner.&lt;br&gt;They then encourage their partner to kick their legs, moving towards the poolside.&lt;br&gt;Pupils swap roles.</td>
<td>If in shallow water, keep shoulders under the water.&lt;br&gt;If in deep water, pupils must tread water.&lt;br&gt;Raise their arm.&lt;br&gt;Pupils on poolside – keep talking to their partner.&lt;br&gt;Tell them to keep hold of the float.&lt;br&gt;Encourage kicking the legs / demonstrations.</td>
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<td><strong>Skill development practices</strong>&lt;br&gt;All pupils together&lt;br&gt;14 minutes</td>
<td><strong>Grab a float</strong>&lt;br&gt;Floats in the middle of the pool (lesson area)&lt;br&gt;Teacher shouts “Grab a float!”&lt;br&gt;Pupils travel to floats, pick up a float and kick their legs back to poolside on the front.&lt;br&gt;Repeat the activity kicking legs on the back.&lt;br&gt;Repeat activity with “Grab a noodle!”&lt;br&gt;Sitting on a noodle, using only the arms to move across the pool.</td>
<td>Hold a float with straight arms.&lt;br&gt;Use long legs.&lt;br&gt;Keep ankles floppy.</td>
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<td><strong>Travel</strong>&lt;br&gt;Using arms and legs (pupil’s choice), swim across the pool on their front.&lt;br&gt;Using arms and legs (pupil’s choice) swim across the pool on their back.&lt;br&gt;Swim one width (10 metres) on the front rotate onto the back, swim back to start on their back.</td>
<td>Keep arms under the water.&lt;br&gt;Chin on top of the water.&lt;br&gt;Keep feet off the pool floor.</td>
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<td><strong>Cool down/ contrasting activity – in groups</strong>&lt;br&gt;5 minutes</td>
<td><strong>Shopping trolley</strong>&lt;br&gt;Pupils have a float. First pupils kicks the legs on front to collect a toy.&lt;br&gt;They place the toy on the float and kick legs to swim back to their group. Next pupil takes a turn.</td>
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<td><strong>Safe exit</strong>&lt;br&gt;All pupils together&lt;br&gt;1 minute</td>
<td>Exit water without using the steps.</td>
<td>Both hands on side, push with arms, one knee on poolside, stand up.</td>
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<td><strong>Evaluation</strong>&lt;br&gt;All pupils together&lt;br&gt;2 minutes</td>
<td>Focus on positive aspects.&lt;br&gt;Give hints and pointers for next lesson.</td>
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