## Lesson plan (6a)

### School Swimming Award 6

<table>
<thead>
<tr>
<th>Time required: 30 minutes</th>
<th>Age range: Key Stage 2 (Year 4)</th>
<th>Number of Swimmers: 12</th>
</tr>
</thead>
</table>

**Equipment required**
- Floats
- Pull buoys

**Health and Safety checks**
(Tick when satisfactory)

<table>
<thead>
<tr>
<th>Poolside clean and dry</th>
<th>Water temperature</th>
<th>Lighting in good working order</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifeguards present</td>
<td>Water clarity</td>
<td>Jewellery removed</td>
</tr>
<tr>
<td>(N/A if not required)</td>
<td></td>
<td>(Teacher and swimmer)</td>
</tr>
<tr>
<td>Emergency equipment in place</td>
<td>Appropriate depth for session activities</td>
<td>Hair tied back</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Teacher and swimmer)</td>
</tr>
</tbody>
</table>

**Session aim**

Aquatic skills in focus:
- Travel and coordination
- Rotation
- Balance and Buoyancy

**Specific objective**

By the end of the lesson swimmers will be able to:
- Introduce sculling
- Improve treading water

**Water depth required for activities**

(Please circle)

- Shallow depth up to 1.0 metre
- Middle depth
- Deep depth
| Time for each practice | Skill practice  
(What they do) | Skill teaching point  
(What swimmer think about) |
|------------------------|-----------------|-----------------------------|
| **Introduction**  
All together  
1 minute | Take the register.  
Introduction to the lesson, aims and objectives. | Bend knees and push with both feet  
Look forwards  
Bend knees on landing |
| **Entry**  
All pupils together  
1 minute | Jump into pool | |
| **Warm up**  
1’s and 2’s  
5 minutes | Perform three different jump entries, for example: star jump, tuck jump, pencil jump | Star jump  
Make a star in the air and bring arms and legs together when entering the water.  
**Tuck jump**  
Bring knees to chest, keep back and legs straight when entering the water. |
| **Skill Development Practices**  
In pairs  
4 minutes | **Reflection game**  
Pupils get into pairs.  
Facing each other, staying opposite, they must travel sideways using a sculling action with their hands. | Keep hands close to the body.  
Sweep hands in and out just under the water.  
Body in a stretched floating position on the back.  
Arms stay close to the body.  
Hands sweep in and out in a figure of eight motion (thumbs up and thumbs down). |
| All pupils  
3 minutes | Horizontal stationary scull. | |
| 1’s and 2’s  
5 minutes | Head-first sculling action. | Legs together, toes pointed  
Palms face towards the feet – fingertips face up towards the surface of the water. |
| 1’s and 2’s  
5 minutes | Feet-first sculling. | Keep head back, looking up at the ceiling, and finger tips point towards pool floor, with palms facing backwards towards the head. |
| **Cool down/Contrasting activity**  
All pupils together  
3 minutes | **Treading Water**  
Treading water, rotating clockwise and then anticlockwise. | Keep the body in an upright position.  
Scull with hands.  
Using a breaststroke kick, or flutter kick. |
| **Safe exit**  
All pupils together  
1 minutes | Exit the water by the side of pool. | Both hands at the side, push with arms, one knee on side, stand up. |
| **Evaluation**  
Whole class together  
2 minutes | Focus on positive aspects – give hints and pointers for next lesson. | |