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| Participant information: School Swimming Award 5Time available: 30min Age range: KS2 (Yr4) Number of Swimmers: 12  |
| Equipment required: FloatsnoodlesPull buoys |
| Health & 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 (Which aquatic skills will be the focus)Travel and coordinationRotation, Balance and coordination | Specific objective (By the end of the session swimmers will be able to……….)Develop BackstrokeIntroduce somersaults |
| Water depth required for activities (circle)Shallow depth Middle Depth Deep depth 1.8m |

School

Teacher

Date of Lesson

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| **Time for each practice** | **Skill Practice** **(what they do)** | **Skill Teaching Point****(What they think about)** |
| **Entry –** All pupils together1min | Jump into pool | Bend knees and push with both feetLook forwardsBend knees on landing |
| **Warm up –** all pupils together4min |  Perform a tuck float (mushroom float)Perform a sequence of changing shapes | Bring knees under chestTuck chin into chestWrap arms around kneesKeep feet off floor when changing shapesRotate from front to back  |
| **Skill Development****Practices**In pairs4 min1’s and 2’s2mins2mins2mins2mins2mins2mins2mins | **Kicking duel on back**Swimmers in pairs, noodle placed between the pair holding noodle near to the end. Both swimmer hold noodle on tummy and float on back, on the command both swimmers start kicking legs on their back. As they kick they should spin in a circle.2 widths Back crawl full stroke2 widths kicking with pull buoy on chest/tummy2 widths kicking no aids2 widths left arm only (pull buoy tucked under right arm)2 widths right arm only (pull buoy tucked under left arm)Full stroke backstroke Full stroke backstroke | Head back – ears in waterContinuous leg kickFloppy anklesHead back looking upLong legs, toes in waterContinuous leg kickKeep arms straight and relaxed over waterLittle finger enters water firstPull under water all the way to hipThumb exits the water first |
| **Cool down/Contrasting activity – all pupils together**4 min | Handstands  | Head down underwaterLift hipsPlace both hands on bottomStretch both legs above head and together |
| **Safe exit –** all pupils together1min**Evaluation –** all pupils together2min | Exit water by the side of poolFocus on positive aspects – give hints and pointers for next lesson | Both hands on side, push with arms, one knee on side, stand up |