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| Participant information:  School Swimming Award 5  Time available: 30min Age range: KS2 (Yr4) Number of Swimmers: 12 | | | | | | |
| Equipment required:  Floats  noodles  Pull 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 coordination  Rotation, Balance and coordination | | | Specific objective  (By the end of the session swimmers will be able to……….)  Develop Backstroke  Introduce 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 together  1min | Jump into pool | Bend knees and push with both feet  Look forwards  Bend knees on landing |
| **Warm up –** all pupils together  4min | Perform a tuck float (mushroom float)  Perform a sequence of changing shapes | Bring knees under chest  Tuck chin into chest  Wrap arms around knees  Keep feet off floor when changing shapes  Rotate from front to back |
| **Skill Development**  **Practices**  In pairs  4 min  1’s and 2’s  2mins  2mins  2mins  2mins  2mins  2mins  2mins | **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 stroke  2 widths kicking with pull buoy on chest/tummy  2 widths kicking no aids  2 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 water  Continuous leg kick  Floppy ankles  Head back looking up  Long legs, toes in water  Continuous leg kick  Keep arms straight and relaxed over water  Little finger enters water first  Pull under water all the way to hip  Thumb exits the water first |
| **Cool down/Contrasting activity – all pupils together**  4 min | Handstands | Head down underwater  Lift hips  Place both hands on bottom  Stretch both legs above head and together |
| **Safe exit –** all pupils together  1min  **Evaluation –** all pupils together  2min | Exit water by the side of pool  Focus on positive aspects – give hints and pointers for next lesson | Both hands on side, push with arms, one knee on side, stand up |