|  |
| --- |
| Participant information: School Swimming Award 6Time available: 30min Age range: KS2 (Yr4) Number of Swimmers: 12  |
| Equipment required: FloatsPull 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 scullingIntroduce Handstands |
| Water depth required for activities (circle)Shallow depth Middle Depth Deep depth 1.8m |

School

Teacher

Date of Lesson

|  |  |  |
| --- | --- | --- |
| **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 –** ones & twos6min |  Perform 3 different jump entries | Star jump – make a star in the air and bring arms and legs together when entering waterTuck Jump – bring knees up to chestKeep back straightLegs straight when entering water |
| **Skill Development****Practices**In pairs4 minAll pupils 3mins1’s and 2’s5 min1’s and 2’s5 min | **Reflection game**Swimmers in pairs, facing each other, staying opposite they must travel sideways using a sculling action with handsHorizontal stationary scull Head first sculling actionFeet first sculling | Keep hands close to the bodySweep hands in and out just under the waterBody in a stretched floating position on backArms close to the bodyHands sweep in and out in a figure of eight (thumbs up – thumbs down)Legs together toes pointedPalms face towards feet – fingertips face up towards surface of waterKeep head back looking up at ceilingFinger tips point towards pool floor Palms face backwards towards head |
| **Cool down/Contrasting activity – all pupils together**3 min | Treading WaterTreading water rotating clockwise and then anticlockwise | Keep body in a upright positionScull with hands Using a breaststroke kick or flutter kick |
| **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 |