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| Participant information:  School Swimming Award 6  Time available: 30min Age range: KS2 (Yr4) Number of Swimmers: 12 | | | | | | |
| Equipment required:  Floats  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 sculling  Introduce Handstands | | | |
| 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 –** ones & twos  6min | Perform 3 different jump entries | Star jump – make a star in the air and bring arms and legs together when entering water  Tuck Jump – bring knees up to chest  Keep back straight  Legs straight when entering water |
| **Skill Development**  **Practices**  In pairs  4 min  All pupils  3mins  1’s and 2’s  5 min  1’s and 2’s  5 min | **Reflection game**  Swimmers in pairs, facing each other, staying opposite they must travel sideways using a sculling action with hands  Horizontal stationary scull  Head first sculling action  Feet first sculling | Keep hands close to the body  Sweep hands in and out just under the water  Body in a stretched floating position on back  Arms close to the body  Hands sweep in and out in a figure of eight (thumbs up – thumbs down)  Legs together toes pointed  Palms face towards feet – fingertips face up towards surface of water  Keep head back looking up at ceiling  Finger tips point towards pool floor  Palms face backwards towards head |
| **Cool down/Contrasting activity – all pupils together**  3 min | Treading Water  Treading water rotating clockwise and then  anticlockwise | Keep body in a upright position  Scull with hands  Using a breaststroke kick or flutter kick |
| **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 |