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| **Participant information**:  **School Swimming Award 3**  **Time available**: 30 minutes **Age range**: KS2 (Yr4) **Number of Swimmers**: 12 | | | | | | |
| Equipment required:  Noodles  Floats  sinkers | | | | | | |
| 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)  Aquatic breathing  Streamlining  Travel & coordination  Balance and buoyancy | | | Specific objective  (By the end of the session swimmers will be able to…….)  Introduce push & glides  Develop submersion | | | |
| Water depth required for activities (circle)  Shallow depth Middle Depth 1.0 m Deep depth | | | | | | |

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  1 minute | Jump into pool and submerge | Bend knees and push with both feet  Look forwards  Bend knees on landing |
| Warm up **–** in pairs  6 minutes | Treasure hunt - 3 groups of 4 pupils.  Each pupil in turn s across the pool to collect a sinker and return to start then the next pupils goes, once all swimmers have returned the winner is who has collected the most sinkers in the fastest time | Pick up objects with both hands  Open eyes under water |
| Skill development  practices  All pupils together  6 minutes  1’s and 2’s  6 minutes  All pupils together  6 minutes | Push and glide on front with one float  Push and glide on front with no aids  Push and glide on front arms outstretched  Push and glide on back with one float under each arm  Push and glide on back with one float over tummy  Push and glide on back with no aids(arms by the side)  Under the rainbow  Swimmers hold different coloured noodles over the water in an arch, other swimmers move under the rainbow using a push and glide on the front and back. Noodles can be moved closer to the water to encourage face in.  Who can get the furthest? | Stretch arms out in front  Face in water  One hand on top of other  Slowly push away from wall  Legs straight and together  Head back look up  Stretch the body as long as possible  Legs together  Face in water |
| **Cool down/contrasting activity – all together**  2 minutes | Star floats on front | Arms stretched out to side  Face in water  Gently lift feet off floor |
| **Safe exit –** all pupils together  1 minute  **Evaluation –** all pupils together  2 minutes | 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 |