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| **Participant information**: **School Swimming Award 3****Time available**: 30 minutes **Age range**: KS2 (Yr4) **Number of Swimmers**: 12  |
| Equipment required: NoodlesFloatssinkers |
| 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 breathingStreamliningTravel & coordinationBalance and buoyancy | Specific objective(By the end of the session swimmers will be able to…….)Introduce push & glidesDevelop 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 together1 minute | Jump into pool and submerge | Bend knees and push with both feetLook forwardsBend knees on landing |
| Warm up **–** in pairs6 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 handsOpen eyes under water |
| Skill developmentpracticesAll pupils together6 minutes1’s and 2’s6 minutesAll pupils together 6 minutes | Push and glide on front with one floatPush and glide on front with no aidsPush and glide on front arms outstretched Push and glide on back with one float under each armPush and glide on back with one float over tummyPush and glide on back with no aids(arms by the side)Under the rainbowSwimmers 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 frontFace in water One hand on top of other Slowly push away from wallLegs straight and togetherHead back look upStretch the body as long as possibleLegs togetherFace in water |
| **Cool down/contrasting activity – all together**2 minutes | Star floats on front | Arms stretched out to sideFace in waterGently lift feet off floor |
| **Safe exit –** all pupils together1 minute**Evaluation –** all pupils together2 minutes | 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 |