School Swimming **Award 1**

Name of school:		**Date of Lesson:**		**Name of Teacher:**	
Time required:	30 minutes	**Age range:**	KS2 (Year 4)	**Number of Swimmers:**	12

Equipment required	SEND requirements
• Floating toys • Noodles • Floats • Floatation equipment e.g. armbands	

Health and 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	Specific objective
Aquatic skills in focus: • Water confidence - aquatic breathing • Travel and coordination	By the end of the lesson swimmers will be able to: • Be confident with water on their face • Blow into the water • Move around the pool

Water depth required for activities

(Please circle)

Shallow depth up to 1.0m Middle depth Deep depth

Time	Activity	Teaching point
Entry *One pupil at a time* 2 minutes	Ladders	Both hands on the rail, go down the steps backwards, one step at a time Basic rules for the session
Warm up *All swimmers together in a circle* 5 minutes	Washing machine game Lips in to blow bubbles (soap bubbles) Lay on back and kick feet to make splash Link hands and move in a circle to spin the clothes and then repeat the opposite way.	Take off their pretend tops, trousers and stinky socks, pretend to add washing powder Blow into the water to make bubbles Make big splashes to make clothes clean, the faster you move the quicker we spin our clothes
Skill development practices *All swimmers together* 3 minutes 3 minutes 3 minutes 3 minutes 3 minutes	<u>Balance and Buoyancy</u> Washing body game (use noodle to support if needed) Wash your face Wash your hair Under your arms Wash your feet Float on the back <u>Aquatic breathing</u> 1 width pushing ball using hands 1 width blowing the ball 1 width pushing ball with chin 1 width pushing ball with nose <u>Travel and coordination</u> Shopping game Each swimmer has a float (trolley) and with lots of floating toys on water they must collect as many as they can and bring them to the poolside	Cup the water in your hands and splash your face Put lots of water on your hair and rub Splash lots of water to wash with Clean those toes Lay on your back and show me your clean toes One hand and then the other Face close to the water and blow Keep your hands behind your back Only touch the ball with your nose Collect as many toys as possible without dropping them
Cool down *All swimmers together* 4 minutes	Sit on noodle for noodle race	Sit up straight and use your legs to push Both at the same time
Safe exit *One swimmer at a time*	Exit by ladders	Both hands on rail Look in front
Evaluation *All class together* 4 minutes	Focus on positive aspects Give hints and pointers for next lesson	