Lesson plan

School Swimming Award

Name of school:		**Date of Lesson:**		**Name of Teacher:**	
Time required		**Age range:**		**Number of Swimmers:**	

Equipment required	SEND requirements

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:	By the end of the lesson swimmers will be able to:

Water depth required for activities

(Please circle)

Shallow depth up to 1.0 metre Middle depth Deep depth

Time for each practice	**Skill practice** (What they do)	**Skill teaching point** (What swimmer think about)
Introduction and entry		
Warm up		
Main Activity Skill/stroke development practices		
Cool down / contrasting activity		
Safe exit		
Conclusion / Evaluation		