

LESSON PLAN: **SWIMMING**: ADVANCED: WEEK 1

LESSON OBJECTIVE: To develop fundamental skills for the front crawl focusing completing 25 metres unaided.

WARM UP (10 MINS)

Water safety instructions:

- 1 whistle = stop and listen to teacher.
- 2 whistles = stop and move to the side of the pool.
- 3 whistles = stop and get out of the pool.

Pupils to play follow my leader, teacher to shout out instructions: change direction, punch the sky, side steps, jumps, hops etc.

MAIN LESSON (20 MINS)

Pupils to practise breathing unilaterally every other stroke '1,2,3,4 breath' '1,2,3,4 breath'. Teacher to get pupils to breath EVERY stroke on the same side, either every time the right arm or left arm is high out of the water. This is to be used for fast swimming as more oxygen is required. Teacher to show pupils how to use bilateral breathing: to breathe on alternate sides of the body. '1,2,3 breath' '1,2,3 breath' this is to be used for endurance or long distance swimming. Get pupils to practise this in pairs, one swim's whilst the other gives feedback.

GAME/COMPETITION (15 MINS)

Assessment to see total distance the pupils are able to swim.

Can they complete a 25 meter swim unaided? This is the recommendation by the end of Yr6.

EQUIPMENT

- Floats
- Foam tubes
- Swimming goggles

KEYWORDS

- Explosive & trickle breathing
- Head down
- High elbow
- Stroke arm
- Kick from the hip

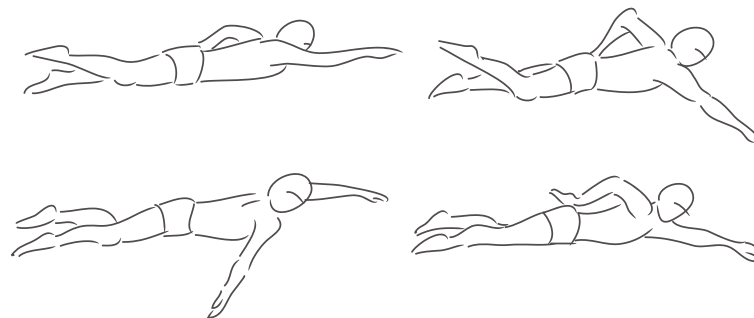
DIFFERENTIATION

LESS ABLE

- To use the float around the hips to get a better body position.
- Use a partner to assist in floating.

MORE ABLE

- No float.
- Width/length swimming.
- Can they just use their arms and no legs?



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the front crawl skills to a high ability?
	6	Can they perform the front crawl skills with a degree of control?
	5	Can they show an understanding of the front crawl skills?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the task.
	6	Can work with a partner & understands the directions.
	5	Starts communicating with a partner.
Show & Link	7	Can they swim over 25 meters unaided?
	6	Can they swim 25 meters unaided?
	5	Can they swim over 10 meters unaided?
Describe Ways to Improve	7	Are able to describe and improve performance.
	6	Are able to describe performance.
	5	Are able to see differences in performance against a simple model.
Fitness & Health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.