

LESSON PLAN: **SWIMMING**: ADVANCED: WEEK 4

LESSON OBJECTIVE: To introduce the basic skills of breaststroke.

WARM UP (10 MINS)

Sharks and Minnows: Minnows have to swim around and not get caught by any sharks. Have 2 sharks who have to tag the minnows, once caught they have to perform a forfeit such as 10 jumps or 10 spins in the water.

MAIN LESSON (20 MINS)

Ask a capable pupil to demonstrate the breaststroke to the rest of the class. Point out the arm and leg action needed. Allow pupils time to practise the stroke, get them to hold a float between their legs and to try and do the arm action.

Arms: Place the hands together under the chest and push them forward under the water, when they are extended then pull them apart and rotate the hands to pull the water back under the body.

Now take the float from the legs and place it in their hands in front of the body and get them to add in the leg action.

Legs: Legs are pulled upwards and then kicked back away from each other and finally squeezed together.

Develop: Take the float away and allow pupils to try the arms and legs together.

GAME/COMPETITION (15 MINS)

In groups compete to see who can use the correct technique over different distances. Award points for correct techniques and fastest swimmers.

EQUIPMENT

- Floats
- Stopwatch / clock

KEYWORDS

- Pull through with hands
- Kick back with legs

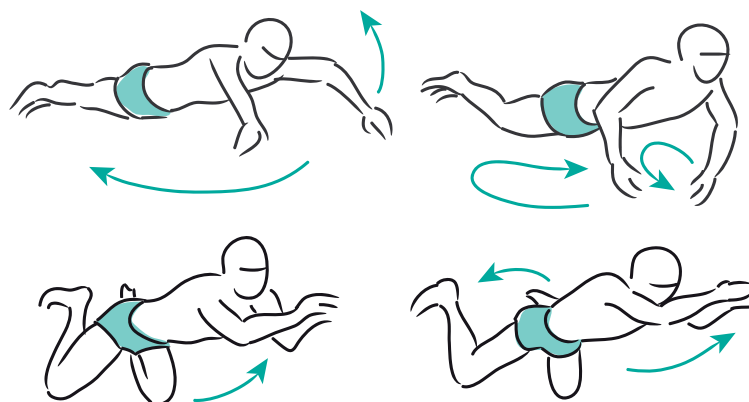
DIFFERENTIATION

LESS ABLE

- To use float to aid with breathing.

MORE ABLE

- No floats and width/length swimming.
- Can they just use arms and no legs?
- Can they decide what breathing they need to do?



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the breaststroke skills to a high ability?
	6	Can they perform the breaststroke skills with a degree of control?
	5	Can they show an understanding of the breaststroke 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 link: arms and legs together and complete breaststroke over 25m?
	6	Can they show and link: arms and legs together and complete breaststroke?
	5	Show they can breaststroke with the aid of a float.
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.