

LESSON PLAN: **SWIMMING**: ADVANCED: WEEK 6

LESSON OBJECTIVE: To prepare for assessment and learn basic swimming self-safety rescue.

WARM UP (10 MINS)

Pupils to warm up by fetching objects and returning them to the different areas around the pool. Vary the object sizes and weights, make some harder to transport. Try and get pupils to move them across deeper water without putting their feet down.

MAIN LESSON (20 MINS)

Teacher to talk about swimming safety and the need to be relaxed and in control when having to complete difficult tasks in water. Explain that pupils can rest by lying on their backs and sculling in order to get their breath back if needed. Set up an obstacle course for pupils to follow, including diving, transporting objects and freestyle swimming.

Develop: Get pupils to swim on their backs and sides, ask pupils to tread water or skull.

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.

Get pupils to swim out 20meters and perform a 15 second scull and then swim back using a different stroke.

In teams have obstacle and relay races. Record times and distances for individuals.

EQUIPMENT

- Floats
- Objects for race
- Stop watch

KEYWORDS

- Treading water/sculling
- Bilateral breathing
- Unilateral breathing

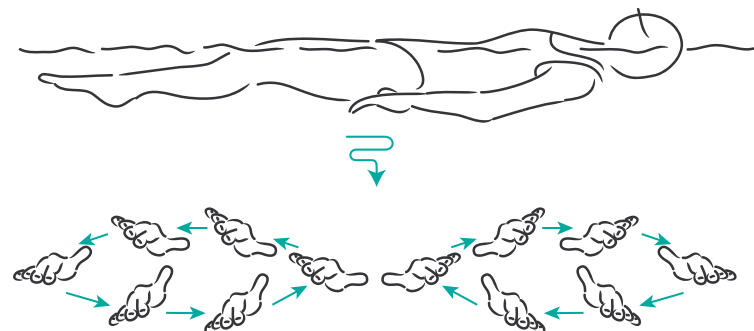
DIFFERENTIATION

LESS ABLE

- To use floats to aid with breathing.
- Swim widths.

MORE ABLE

- Can they just use arms and no legs?
- Can they complete bi-lateral breathing?
- Can they help other pupils to safety?
- Can they perform self-rescue?



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the skills learnt to a high ability?
	6	Can they perform the skills learnt with a degree of control?
	5	Can they show an understanding of the skills learnt?
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 25m unaided in front crawl, breaststroke and backstroke?
	6	Can they swim 25m unaided in front crawl, breaststroke and backstroke?
	5	Can they swim over 10m unaided in front crawl, breaststroke and backstroke?
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.