

LESSON PLAN: **SWIMMING**: BEGINNERS: WEEK 2

LESSON OBJECTIVE: To develop body position and the push and glide whilst kicking.

WARM UP (10 MINS)

Water safety from lesson 1

1 x whistle = stop and listen to teacher

2 x whistles = stop and move to the side of the pool

3 x whistles = stop and get out of the pool

Pupils to play follow my leader, teacher to shout change direction, punch the sky, side steps etc.

In pairs, ask the pupils to take it in turns to perform different shapes under water and ask the partner to copy.

MAIN LESSON (20 MINS)

Recap on how to hold a float and push and glide.

Pupils to get with partner and see who can Glide the furthest.

Partner to stand in a T shape and partner glides under their arm, each successful attempt the partner takes 1 step further away.

Learn how to kick in the water : pupils hold on to the edge of the pool, heads up. Ensure the legs are straight and kick from the hips : no bent knees.

Get pupils to push and glide, then after they have glided as far as they can, they start to kick to get to the other side of the pool.

GAME/COMPETITION (15 MINS)

See who can float the furthest without kicking

See who can push and glide, then kick, the furthest.

EQUIPMENT

- Float

KEYWORDS

- Arms straight
- Push & Glide
- Kick from the hips

DIFFERENTIATION

LESS ABLE

To use the noodle under the hips and the float to get a better body position.

MORE ABLE

Start to use legs to kick.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they use the float confidently to push & glide to a high ability?
	2	Can they hold the float with the correct technique to push & glide with a certain degree of control?
	1	Can they attempt to use a float, but to a low ability?
Tactics, Rules & Teamwork	3	Works in a team & demonstrates a good technique and fair play.
	2	Can work in a team & understands the meaning of fair play.
	1	Starts communicating within a team.
Show & Link	3	Can they link the skills : Push & glide without the use of a float?
	2	Can they show and link : using a float to push & glide?
	1	Show how to use a float.
Describe Ways to Improve	3	Are able to describe and improve performance.
	2	Are able to describe performance.
	1	Are able to see differences in performance against a simple model.
Fitness & Health	3	Shows a solid understanding of why physical activity has health benefits.
	2	Has some knowledge of why physical activity has health benefits.
	1	Has little knowledge of why physical activity has health benefits.