

# LESSON PLAN: **SWIMMING**: BEGINNERS: WEEK 3

**LESSON OBJECTIVE:** To learn kicking and body position.

## **WARM UP (10 MINS)**

**RECAP:** Body position and how to kick, get pupils to show kicking action before entering the water, leaning against a wall, check the leg is moving from the hip and not the knee.

Blob: only 2 people out of the group have to link arms (they are the first Blob) they have to chase and catch/tag other pupils. Once caught the person has to join the Blob. Once there are 4 in a Blob they can split into 2 smaller Blobs. The last person left not in a Blob is the winner.

## **MAIN LESSON (20 MINS)**

Pupils to push & glide pushing off from the side of the pool with or without a float, then add kicking when they have glided as far as they can.

Pupils to practise kicking, they may need to use a noodle under their hips to help with buoyancy.

Teacher to help individuals.

Partner to stand in a T shape away from the edge of the pool, partner glides and kicks until they pass under the arms of the T-shape person, each successful attempt they take 2 steps back.

Pupils need to ensure they are not jumping out of the water when pushing off as they tend to sink before floating. They do this by making sure the shoulders are under the water and feet are high up by their hips just as they push off. This ensures they start the glide in a straight line and their body floats along breaking the surface of the water.

## **GAME/COMPETITION (15 MINS)**

Split the class into 2 teams : play 5 pass : In the water, each team have to try and complete 5 passes of a ball without it being intercepted.

## **EQUIPMENT**

- Float
- Noodle

## **KEYWORDS**

- Push and Glide

## **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.  
Add in breathing.



# 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.