LESSON PLAN: **SWIMMING:** BEGINNERS: WEEK 4

LESSON OBJECTIVE: To develop kicking and learn breathing techniques.

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.

Pupils to play sticky toffee, if stuck stand in T shape and they have to swim under the arms to free people, if high ability they have to swim under legs to free the person.

MAIN LESSON (20 MINS)

Pupils to Push & Glide pushing off from the side of the pool with NO float.

Practise for 10 minutes. Teacher to help individuals.

Teacher to explain the two different types of breathing:

Explosive : breathe out under water very quickly.

Trickle : breathe out under water slowly.

Pupils should do both 10 times each with their heads under water.

In pairs encourage pupils to make different shapes underwater, and copy each other. See if they can incorporate explosive and trickle breathing.

GAME/COMPETITION (15 MINS)

Team relays : students push & glide from the side. Collect a piece of equipment on the opposite side of the pool. Students are encouraged to use their legs to kick to get to the other side of the pool.

EQUIPMENT

- Float

KEYWORDS

- Trickle/Explosive breathing
- Slide 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.

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ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they confidently push & glide to a high ability?
	2	Can they push & glide with a certain degree of control?
	1	Can they attempt to push & glide with no 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, whilst kicking to the other side of the pool?
	2	Can they show and link : Push & glide?
	1	Show how to push & glide with the use of 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.

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