

LESSON PLAN: **SWIMMING**: BEGINNERS: WEEK 5

LESSON OBJECTIVE: To learn the Front Crawl, focusing on kicking and arms.

WARM UP (10 MINS)

Pupils to play sticky toffee, if stuck stand in a 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)

Every student to have a noodle, which needs to be placed underneath their stomach : ensure it is not under the arms. The pupils need to lift their elbow out of the water, and drive the arm through into the water. Use the terminology : "Lift the elbow, spear the fish and put it in your pocket". Do this with alternate arms around the pool.

GAME/COMPETITION (15 MINS)

Team relays : Using the front crawl technique with a noodle, collect a piece of equipment on the opposite side of the pool. Student are encouraged to use their legs to kick to get to the other side of the pool.

EQUIPMENT

- Float
- Noodle

KEYWORDS

- Front Crawl
- Kick from the hip
- Lift the elbow
- Spear the fish
- Put it in your pocket

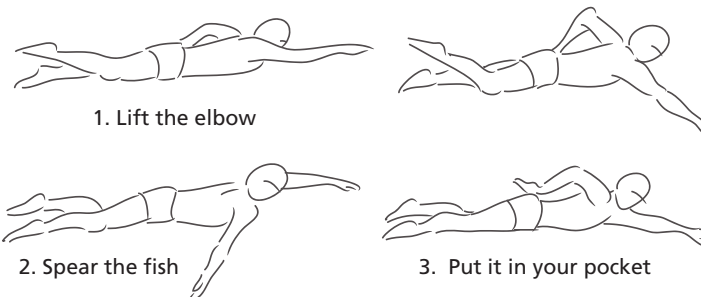
DIFFERENTIATION

LESS ABLE

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

MORE ABLE

No floats, and width/length swimming.
Can they just use arms and no legs.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they perform the front crawl stroke to a high ability?
	2	Can they perform the front crawl stroke with a certain degree of control?
	1	Can they attempt the front crawl stroke, 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 : front crawl stroke with no noodle?
	2	Can they show and link : front crawl with a noodle.
	1	Show how to perform the front crawl technique whilst standing
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.