

LESSON PLAN: **SWIMMING**: BEGINNERS: WEEK 6

LESSON OBJECTIVE: To develop the Front Crawl, focusing on kicking and the arm technique.

WARM UP (10 MINS)

Washing Machine : pupils move around the pool as instructed by the teacher. When the teacher calls a number, pupils must make a circle with that amount of class mates.

MAIN LESSON (20 MINS)

Recap on the front crawl using a noodle.

How far can each pupil now swim with a noodle or a float?

Can they improve that distance?

How far can each pupil swim without a float?

Can they improve that distance?

GAME/COMPETITION (15 MINS)

Play follow the leader : change direction, jump in the air, touch the bottom of the pool.

Have a game of sticky toffee : to be saved pupils must swim under an arm or through the legs.

Over and Under : Pupils to stand in teams and in lines. With a float, the team must complete the game "under and over" with the back person running to the front of the line each time the float gets to the back person. The winning team is the team who gets back to how they started the quickest.

EQUIPMENT

- Floats
- 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.