

LESSON PLAN: **SWIMMING**: INTERMEDIATE: WEEK 4

LESSON OBJECTIVE: To introduce the backstroke.

WARM UP (10 MINS)

Whilst practicing the front crawl, pupils to play sticky toffee and have to swim under legs to free the stuck person.

MAIN LESSON (20 MINS)

Ask a capable pupil to demonstrate the backstroke to the rest of the class. Get pupils to lie on their backs with a float on their chest and their arms wrapped around the float. Ensure heads are tilted upwards (chin away from the chest) and that pupils look in the direction they are going. Get pupils to do widths, using kicking to propel them.

Develop: Take the float away and allowing pupils to use their arms to reach up over their heads and to pull back down through the water.

Now get pupils to practise a backstroke start: Get pupils to face the edge of the pool and hold onto it with their hands. Place their feet at hip height on the wall, coiling the body up like a spring. When they release the hands they need to push their bodies backwards and up out of the water getting into a straight/arched position before entering the water hands first.

GAME/COMPETITION (15 MINS)

In teams pupils are to have races to collect items from the side of the pool and return them using the backstroke technique.

Can they aim to complete a 25 meter backstroke swim unaided?

EQUIPMENT

- Floats
- Objects for race

KEYWORDS

- Bilateral breathing
- Unilateral breathing
- Rotation of body
- Kick from the hip

DIFFERENTIATION

LESS ABLE

- Use a float.

MORE ABLE

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



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the backstroke to a high ability?
	4	Can they perform the backstroke with a certain degree of control?
	3	Can they perform the backstroke with very little control?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the task.
	4	Can work with a partner & understands the directions.
	3	Starts communicating with a partner.
Show & Link	5	Can they link: arms and legs showing good coordination and timing in the backstroke?
	4	Can they show and link: average coordination with arms and legs in the backstroke?
	3	Show the backstroke.
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.