

## Continuous assessment to take place throughout

<u>Session Aim</u>	<u>Content (teaching practices and teaching points)</u>		<u>Equipment/aids needed</u>
<ul style="list-style-type: none"> <li>To improve front crawl leg kick</li> <li>To improve submerging and breathing under the water</li> </ul>	<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>Children to jump into pool unaided</li> <li>4 widths of front crawl or back crawl (or alternate) – no teaching points to be given – use time to assess front crawl leg kick</li> <li>Move children into correct places in pool according to their leg kick action</li> </ul> <p><b>Main theme</b></p> <ul style="list-style-type: none"> <li>Ask children to swim 2 widths front crawl – use this time again to properly focus on legs. Send children in waves (numbers 1 and 2 – fewer children to focus on).</li> <li>Using 1 float, children to kick to other side of pool.</li> <li>Repeat again after teaching points given – use pupil demo to show good leg technique.</li> <li>Children to repeat.</li> <li>Using float – one arm holds float, other at side – face in water for 3 seconds, roll head to side to breathe (begins to introduce correct breathing technique)</li> <li>As above – swap arms.</li> <li>Put stroke back together – 2 widths front crawl full stroke.</li> </ul> <p><b>Contrasting activity (you may want to do this shallower water)</b></p> <ul style="list-style-type: none"> <li>Children to put face in and blow bubbles for 3 seconds – holding onto</li> </ul>	<ul style="list-style-type: none"> <li>Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water.</li> <li>Stand behind children so that you can see their legs properly.</li> <li>Hands at side of float; heels break surface; long, continuous kick; face in water for 3 seconds, lift head so chin stays on water.</li> <li>Straight legs; kick from hip; point toes.</li> <li>Continuous leg kick; heels break surface; eyes looking at pool floor; blow bubbles from mouth and nose; roll head so ear stays in water.</li> <li>Continuous leg action; long, straight legs; pointed toes.</li> <li>Blow out from mouth and nose – don't</li> </ul>	<p style="text-align: center;">Floats</p>

	<p>side first.</p> <ul style="list-style-type: none"> <li>• Repeat as above, but this time, standing in own space.</li> <li>• Children to then submerge in water, trying to kneel on pool floor.</li> <li>• Same as above, but this time to sit on floor.</li> <li>• Then, big jump out of water, sink to pool floor and try and lie on it – either front or back.</li> </ul> <p><b>Exit</b> Climb out at side</p>	<p>breathe in! Try and have eyes open and see pool floor.</p> <ul style="list-style-type: none"> <li>• Blow out from mouth and nose – use hands to help them sink to pool floor.</li> <li>• Big breath in when jumping; blow out from mouth and nose when under water.</li> </ul>	
<ul style="list-style-type: none"> <li>• To improve back crawl leg kick</li> <li>• To improve floating both prone (on front) and supine (on back)</li> </ul>	<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• Children to jump into pool unaided</li> <li>• 4 widths of back crawl (or alternate between front and back) – no teaching points to be given – use time to assess back crawl leg kick</li> <li>• Move children into correct places in pool according to their leg kick action</li> </ul> <p><b>Main theme</b></p> <ul style="list-style-type: none"> <li>• Ask children to swim 2 widths back crawl – use this time again to properly focus on legs. Send children in waves (numbers 1 and 2 – fewer children to focus on).</li> <li>• Holding float across chest, back crawl legs to other side – repeat.</li> <li>• As above, but float behind head – repeat.</li> <li>• Pupil demo of a good leg action in back crawl.</li> <li>• Children to practice leg kick again with</li> </ul>	<ul style="list-style-type: none"> <li>• Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water.</li> <li>• Stand facing children so that you can see their legs properly.</li> <li>• Ears in water; eyes looking to ceiling and open! Continuous leg kick.</li> <li>• Tummy pushed on top of the water; straight legs; little splash with toes on surface of water.</li> <li>• Knees under water; long legs; continuous leg</li> </ul>	<p>Float</p>

	<p>float.</p> <ul style="list-style-type: none"> <li>• Final practice with arms by side, sculling.</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Find space and float on back – if float needed to begin with, children to have this.</li> <li>• Children to make star shape in water – remembering not to kick legs or hold onto side! If feeling confident, take float away – can they hold it for 5 seconds?</li> <li>• Try floating on front – remember that when their face goes in, blow out from mouth and nose.</li> <li>• Create star shape – can they hold it for 3 seconds?</li> <li>• Keep practising; if successful, can they do a mushroom float (curl into ball and float on front)?</li> </ul> <p><b><u>Exit</u></b> Climb out at side</p>	<p>kick.</p> <ul style="list-style-type: none"> <li>• Tummy pushed on top of the water; ears in water; eyes looking to ceiling; long, continuous legs.</li> </ul> <ul style="list-style-type: none"> <li>• Push tummy up high on water; legs kept still and together; arms by side or across tummy if holding float.</li> <li>• Legs and arms wide apart in water; tummy on top of water; ears in water.</li> </ul> <ul style="list-style-type: none"> <li>• Blow out bubbles through mouth and nose; opens eyes to see pool floor.</li> </ul> <ul style="list-style-type: none"> <li>• Chin on chest and keep it tucked; knees brought up to chest; arms hug knees; blow out through mouth and nose.</li> </ul>	
<ul style="list-style-type: none"> <li>• Improve breast stroke leg action</li> <li>• Revise prone push and glide and supine push and glide to develop correct body position and streamlining</li> </ul>	<p><b><u>Warm-up</u></b></p> <ul style="list-style-type: none"> <li>• Children to jump into pool unaided</li> <li>• 4 widths of front crawl (or alternate between front and back) – no teaching points to be given.</li> </ul> <p><b><u>Main theme</u></b></p>	<ul style="list-style-type: none"> <li>• Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water.</li> </ul>	

	<ul style="list-style-type: none"> <li>• Children to swim 2 widths breast stroke (may need to remind them of this!) – when watching, look at leg action – move children according to how well they perform this</li> <li>• Have children hold rail – practice leg action</li> <li>• 2 floats, supine (on back), breast stroke leg action (those more confident, use 1 float)</li> <li>• Pupil demo – slow movements right down so children can see each stage clearly – when they have watched this, back in the water to try again.</li> <li>• 2 floats, prone (on front), breast stroke leg action</li> </ul> <p><b>If any child has a screw kick (uneven leg action), try putting a woggle under their hips to help this.</b></p> <ul style="list-style-type: none"> <li>• Depending on ability – try using 1 float in prone position (woggles can be used too)</li> <li>• Repeat individually as final activity for main theme of lesson</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Push and glide prone – one hand on rail, other hand straight out in front, both feet on wall, head looking forward.</li> <li>• Push from wall with feet – totally straight; stand up when you feel like you are stopping.</li> <li>• Same practice again; can you get any further? Can they reach the middle of the pool? Competition in pairs – who</li> </ul>	<ul style="list-style-type: none"> <li>• Heels to bottom; legs into a triangle; snap together</li> <li>• Bend knees; heels under bottom; turn feet out; legs into triangle; snap back together</li> <li>• Bend knees; heels under bottom; turn feet out; legs into triangle; snap back together</li> <li>• Heels to bottom; turn feet out; legs into triangle; snap back together.</li> <li>• Heels to bottom; turn feet out; legs into triangle; snap back together.</li> <li>• Continuous action</li> <li>• Eyes must be forward; straight arm; feet same height on wall.</li> <li>• Tops of arms squeeze ears; one hand on top of each other; face and eyes look at floor; legs glued together; <b>NO</b> kicking!</li> </ul>	<p>Floats</p>
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	<p>can travel the furthest?</p> <ul style="list-style-type: none"> <li>• Push and glide supine – both hands on rail, both feet on wall, head straight, eyes looking at side.</li> <li>• Push from wall with feet – totally straight; stand up when you feel like you are stopping.</li> <li>• Same practice again; can you get any further? Can they reach the middle of the pool? Competition in pairs – who can travel the furthest?</li> <li>• Same again, but this time, try throwing arms back when pushing off from wall.</li> </ul> <p><b>Exit</b> Climb out at side</p>	<ul style="list-style-type: none"> <li>• Arms by side; ears in water; head back and eyes looking to ceiling; legs glued together; <b>NO</b> kicking!</li> <li>• Push hard from wall; throw arms back so tops of arms squeeze ears; one hand on top of each other; tummy high on water; legs glued together</li> </ul>	
<ul style="list-style-type: none"> <li>• Consolidate breast stroke leg kick increasing distance travelled (with aid)</li> <li>• Develop submerging techniques; eyes open, feet first, head first</li> </ul>	<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• Children to jump into pool unaided</li> <li>• 4 widths of front crawl (or alternate between front and back) – no teaching points to be given – use time to assess back crawl leg kick</li> </ul> <p><b>Main theme</b></p> <ul style="list-style-type: none"> <li>• Revise breast stroke leg action from last week (prone) – what can the children remember?</li> <li>• Revise practices from last week, prone and supine, focusing on turned out feet and continuous action – <b>use pupil demonstrations throughout to help develop technique.</b></li> </ul> <p><b>Contrasting activity (you may want to do this in shallower water)</b></p>	<ul style="list-style-type: none"> <li>• Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water.</li> <li>• Heels to bottom; turn feet out; legs into triangle shape; snap back together.</li> <li>• Continuous leg action</li> </ul>	<p>Floats and woggles</p>

	<ul style="list-style-type: none"> <li>• Children to put face in water and open eyes for 2/3 seconds</li> <li>• Repeat several times</li> <li>• Can the children sink to the floor <b>feet first</b>?</li> <li>• Repeat several times</li> <li>• Move onto <b>head first</b> submersion – first have a go without retrieving anything from the pool floor</li> <li>• Repeat several times</li> </ul> <p><b>Exit</b> Climb out at side</p>	<ul style="list-style-type: none"> <li>• Blow out through nose and mouth</li> <li>• Use arms to propel up out of water and then sink; eyes open; blow out through mouth and nose</li> <li>• Refer to it as a ‘duck dive’; chin stays glued to chest; bottom out of water as head goes in; use arms to pull down to floor</li> <li>• Keeps eyes open; blow out through mouth and nose</li> </ul>	
<ul style="list-style-type: none"> <li>• Revise front crawl leg kick and improve arm action over a distance of 10m</li> <li>• Introduce dolphin leg kick</li> </ul>	<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• Children to jump into pool unaided</li> <li>• 4 widths of front crawl (or alternate between front and back) – no teaching points to be given – use time to assess back crawl leg kick</li> </ul> <p><b>Main theme</b></p> <ul style="list-style-type: none"> <li>• 2 widths front crawl – assess arm action and move children according to this.</li> <li>• Revise leg action – 1 float, arms out in front of body, front crawl leg kick</li> <li>• Repeat, practice several times – then 1 arm by side, head in and roll head to side when they need to breathe</li> <li>• Introduce arm action – have children on side first and get them to practice action standing up</li> <li>• In water, single arm action with float; make sure head is in water too; hold</li> </ul>	<ul style="list-style-type: none"> <li>• Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water.</li> <li>• Long legs; pointed toes; continuous kick</li> <li>• Kick from hip; heels break surface; continuous kick; breathe through mouth and nose; face in for 3 seconds before rolling to side</li> <li>• Arm makes an ‘S’ shape under tummy; hand brushes thigh with a bent elbow; keep elbow high as lower arm reaches out and over water; fingertips reach into water first</li> <li>• Steady arm action; keep elbow high on water; stretch with finger tips when placing hand in water.</li> </ul>	

	<p>float over the top to support arm</p> <ul style="list-style-type: none"> <li>• Revise again - focus on breathing too this time</li> <li>• Swap arms – focus on same teaching points <b>Use pupil demonstration to help</b></li> <li>• Put stroke back together – arms and legs</li> </ul> <p><b>Contrasting activity</b></p> <ul style="list-style-type: none"> <li>• Introduce term ‘dolphin’ leg kick – explain it comes from the butterfly stroke</li> <li>• Children to have a go practising legs in prone position; arms extended – repeat several times</li> <li>• On their back, arms by side, chin tucked down, leg action</li> </ul> <p><b>Exit</b> Climb out at side</p>	<ul style="list-style-type: none"> <li>• Roll head every 3 seconds; hand should be at thigh when breathing; elbow high</li> <li>• Continuous leg action; kick from hip; breathe every 3 seconds</li> <li>• Push and glide prone; legs work together; imagine both feet in one sock; wave motion with body</li> <li>• Kick up to the surface; whip-like movement; legs close together</li> </ul>	
<ul style="list-style-type: none"> <li>• Revise back crawl leg kick and improve arm action over a distance of 10m</li> <li>• Develop length of time for prone and supine floating</li> </ul>	<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• Children to jump into pool unaided</li> <li>• 4 widths of front crawl (or alternate between front and back) – no teaching points to be given – use time to assess back crawl leg kick</li> </ul> <p><b>Main theme</b></p> <ul style="list-style-type: none"> <li>• 2 widths back crawl – assess arm action and move children according to this</li> <li>• Revise leg action – one float held on stomach/chest, kick legs</li> </ul>	<ul style="list-style-type: none"> <li>• Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water.</li> <li>• Relaxed, floppy ankles; kick up and down from hip</li> </ul>	Floats

	<ul style="list-style-type: none"> <li>• Repeat again – then move float so it is over hips, kick legs</li> <li>• Finally, leg action with sculling</li>   <li>• Introduce arm action – have children on side of pool practising first</li> <li>• 1 float held across chest – single arm action</li> <li>• Change arm – reinforce teaching points. Repeat several times</li> <li>• Push and glide (arms at side) – introduce arm action – repeat several times</li> <li>• Put stroke back together – push and glide, establish leg action then add arm action</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Revise floating – what can the children remember? Find space and float on back – if float needed to begin with, children to have this.</li> <li>• Children to make star shape in water – remembering not to kick legs or hold onto side! Can they hold it for 5 seconds? How about 10 seconds?</li> <li>• Try floating on front – remember that when their face goes in, blow out from mouth and nose.</li> <li>• Create star shape – can they hold it for 3 seconds? How about 5 seconds</li> <li>• Keep practising increasing the time spent floating</li> </ul> <p><b><u>Exit</u></b></p>	<ul style="list-style-type: none"> <li>• Push hips up to the float; legs kick close together</li> <li>• Knees under surface of water; long legs; wave to the fish!</li>   <li>• Continuous action</li>   <li>• Little finger enters first; arm straight at entry; continuous action; brush past hips with the thumb</li>   <li>• Arm straight over shoulder; brush past ear with top of arm; shallow action; thumb out first</li> <li>• Keep the kick going; breathe regularly</li>   <li>• Push tummy up high on water; legs kept still and together; arms by side or across tummy if holding float.</li> <li>• Legs and arms wide apart in water; tummy on top of water; ears in water.</li>   <li>• Blow out bubbles through mouth and nose; opens eyes to see pool floor.</li> </ul>	<p>Floats</p>
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	Climb out at side		
<ul style="list-style-type: none"> <li>Revise breast stroke leg action and introduce arm action</li> <li>Push and glide prone; log roll onto back</li> </ul>	<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>Children to jump into pool unaided</li> <li>4 widths of front crawl (or alternate between front and back) – no teaching points to be given.</li> </ul> <p><b>Main theme</b></p> <ul style="list-style-type: none"> <li>Revise breast stroke leg action – prone (on front) with two floats – repeat</li> <li>One float held at arms length – breast stroke kick</li> <li>Introduce arm action – children to stand on side of pool and demonstrate first</li> <li>Push and glide from side – add one or two arm strokes</li> <li>Repeat, this time 3 or 4 arm strokes</li> <li>Put stroke back together – from a push and glide, add one complete stroke</li> <li>Keep practising this – increase number of strokes gradually</li> </ul> <p><b>Contrasting activity</b></p> <ul style="list-style-type: none"> <li>Revise push and glide on front – increase distance each time; competitions between children</li> <li>When confident, children to perform and push and glide and as gliding, roll onto back so they end up floating supine</li> <li>Repeat several times</li> </ul>	<ul style="list-style-type: none"> <li>Push and glide first; turning feet out to kick</li> <li>Heels to bottom; turn feet out; circle with heels; end with glide position</li> <li>Keep arms in sight; start by pushing arms out straight in front (crocodile); circle arms (monkey); bring under chin (mouse); finish extending arms</li> <li>Stretch between strokes; keep hands under water</li> <li>Pull first, then kick; kick into glide position; keep chin on water</li> <li>Pull, breathe, kick, glide</li> <li>Push hard from the wall; stretch as straight as an arrow; keep the ears between the upper arms</li> <li>Keep arms and legs together; breathe out from mouth and nose; use the glide to help you roll</li> </ul>	Floats

	<p><b><u>Exit</u></b> Climb out at side</p>		
<ul style="list-style-type: none"> <li>• Revise both front crawl and back crawl leg and arm action over a longer distance</li> <li>• Revisit submerging techniques</li> </ul>	<p><b><u>Warm-up</u></b></p> <ul style="list-style-type: none"> <li>• Children to jump into pool unaided</li> <li>• 4 widths of front crawl (or alternate between front and back) – no teaching points to be given.</li> </ul> <p><b><u>Main theme</u></b></p> <ul style="list-style-type: none"> <li>• Children to swim 2 widths front crawl – assess which area needs work on (body position, arms, legs, breathing?) – revise practices for this part of the stroke.</li> <li>• Put whole stroke back together – increase distance travelled – can children swim from deep end to specified end point?</li> <li>• Children to revise back crawl – can they swim from deep end to specified point using just legs? (arm action can be added if time – if not, this is revisited in week 10)</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Revise prone push and glide – then children to imagine they are practising a handstand in the water; gradually increase the depth of water.</li> <li>• Revise feet first submersion – begin in shallow water by jumping up and sitting on pool floor – increase depth of water using same technique</li> </ul>	<ul style="list-style-type: none"> <li>• Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water.</li> </ul>	

	<p><b>Exit</b> Climb out at side.</p>	to pool floor.	
<ul style="list-style-type: none"> <li>• Revise breast stroke leg and arm action – increase distance</li> <li>• Revisit submerging techniques picking up objects from pool floor</li> </ul>	<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• Children to jump into pool unaided</li> <li>• 4 widths of front crawl (or alternate between front and back) – no teaching points to be given.</li> </ul> <p><b>Main theme</b></p> <ul style="list-style-type: none"> <li>• 2 widths breast stroke – what can the children remember?</li> <li>• Go through progressive practices for leg action using pupil demonstrations to help (look at lesson 7)</li> <li>• Move onto to breast stroke arm practices (look at lesson 7) – increase the distance travelled using this stroke.</li> </ul> <p><b>Contrasting activity</b></p> <ul style="list-style-type: none"> <li>• Revise submerging techniques (head first and feet first) from last week.</li> <li>• Can the children retrieve sinkers from the pool floor using these techniques?</li> </ul> <p><b>Exit</b> Climb out at side.</p>	<ul style="list-style-type: none"> <li>• Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water.</li> </ul>	
<ul style="list-style-type: none"> <li>• Develop distance travelled on back and front</li> <li>• Develop distance travelled for dolphin leg kick</li> </ul>	<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• Children to jump into pool unaided</li> <li>• 4 widths of front crawl (or alternate between front and back) – no teaching points to be given.</li> </ul> <p><b>Main theme</b> <b>Instead of widths, try and use a longer distance for today's swimming session</b></p>	<ul style="list-style-type: none"> <li>• Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water.</li> </ul>	

	<ul style="list-style-type: none"> <li>• Use today’s session to consolidate the stroke development for both front crawl and back crawl.</li> <li>• Focus on push and glides, leg action, arm action and breathing for front crawl (refer to previous sessions for progressive practices)</li> <li>• <b>When you have practiced one part of the stroke, be sure to put the stroke back together again.</b></li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Revise dolphin leg kick (week 5) – using same practices, but increase the distance the leg action is performed over.</li> </ul> <p><b><u>Exit</u></b> Climb out at side.</p>		
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