

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"> To further improve front crawl leg kick To perform a variety of floating actions competently, especially a tuck float (mushroom float) 	<p>Warm-up</p> <ul style="list-style-type: none"> Children to jump into pool unaided 4-6 widths of front crawl or back crawl (or alternate) – no teaching points to be given – use time to assess front crawl leg kick Move children into correct places in pool according to their leg kick action <p>Main theme</p> <ul style="list-style-type: none"> 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). Using 1 float, children to kick to other side of pool. Repeat again after teaching points given – use pupil demo to show good leg technique. Children to repeat. 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) As above – swap arms. Push and glide – no float – leg action. Put stroke back together – 2 widths with focus on leg action. 	<ul style="list-style-type: none"> Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water. Stand behind children so that you can see their legs properly. Hands at side of float; heels break surface; long, continuous kick; face in water for 3 seconds, lift head so chin stays on water. Straight legs; kick from hip; point toes. Continuous leg kick; heels break surface; eyes looking at pool floor; blow bubbles from mouth and nose; roll head so ear stays in water. Top of arms to squeeze ears; eyes looking at pool floor; kick up to the surface; point toes. Continuous leg action; long, straight legs; pointed toes. 	<p style="text-align: center;">Floats</p>

	<ul style="list-style-type: none"> • Contrasting activity • Recap on floating – ask the children to first perform a star float on their back – hold for 5 seconds. • Turn onto front and perform same action – this time, face will need to be in the water. • Children to perform a mushroom float (tuck float) successfully – may need to have a pupil demonstration for those children who are struggling. <p>Exit Climb out at side.</p>	<ul style="list-style-type: none"> • Legs and arms wide apart in water; tummy on top of water; ears in water. • Blow out bubbles through mouth and nose; opens eyes to see pool floor. • Chin on chest and keep it tucked; knees brought up to chest; arms hug knees; blow out through mouth and nose. 	
<ul style="list-style-type: none"> • Further improve breast stroke leg action • Revise prone push and glide and supine push and glide to practice correct body position and streamlining 	<p>Warm-up</p> <ul style="list-style-type: none"> • Children to jump into pool unaided • 4-6 widths of front crawl (or alternate between front and back) – no teaching points to be given <p>Main theme</p> <ul style="list-style-type: none"> • Children to swim 2 widths breast stroke – when watching, look at leg action – move children according to how well they perform this • 1 float, supine (on back), breast stroke leg action • 1 float, prone (on front), breast stroke leg action <p>If any child has a screw kick (uneven leg action), try putting a woggle under their hips to help this.</p> <ul style="list-style-type: none"> • Repeat using 1 float, count number of leg kicks over a certain distance – try 	<ul style="list-style-type: none"> • Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water. • Bend knees; heels under bottom; turn feet out; legs into triangle; snap back together. • Heels to bottom; turn feet out; legs into triangle; snap back together. 	Floats

	<p>and reduce the number.</p> <ul style="list-style-type: none"> Repeat individually as final activity for main theme of lesson. <p><u>Contrasting activity</u></p> <ul style="list-style-type: none"> Push and glide prone – one hand on rail, other hand straight out in front, both feet on wall, head looking forward. Push from wall with feet – totally straight; when you feel like you are stopping, tread water. Same practice again; can you get any further? Can they reach the middle of the pool? Competition in pairs – who can travel the furthest? Push and glide supine – both hands on rail, both feet on wall, head straight, eyes looking at side. Push from wall with feet – throw arms back; totally straight; tread water when you feel like you are stopping. Same practice again; can you get any further? Can they reach the middle of the pool? Competition in pairs – who can travel the furthest? Who can get the furthest? Competition between all children, both prone and supine. <p><u>Exit</u> Climb out at side</p>	<ul style="list-style-type: none"> Kick hard; accelerate through kick; stretch to glide. Continuous action Eyes must be forward; straight arm; feet same height on wall. Tops of arms squeeze ears; one hand on top of each other; face and eyes look at floor; legs glued together; NO kicking! 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 	
<ul style="list-style-type: none"> Practice breast stroke arm action, using leg 	<p><u>Warm-up</u></p> <ul style="list-style-type: none"> Children to jump into pool unaided 	<ul style="list-style-type: none"> Toes over edge of pool – head up and eyes 	

<p>action too</p> <ul style="list-style-type: none"> Develop submerging techniques; feet first, head first 	<ul style="list-style-type: none"> 4-6 widths of front crawl (or alternate between front and back) – no teaching points to be given <p><u>Main theme</u></p> <ul style="list-style-type: none"> Revise breast stroke leg action – prone (on front) with 1 floats – repeat Revise arm action – children to stand on side of pool and demonstrate first Push and glide from side – add one or two arm strokes Repeat, this time 3 or 4 arm strokes Practice again – face should be in water as arms push out to glide. Practice this timing pattern until confident, giving teaching points. Put stroke back together – from a push and glide, add one complete stroke <p><u>Contrasting activity</u></p> <ul style="list-style-type: none"> Can the children sink to the floor feet first? Repeat several times. Move onto head first submersion – practice from a push and glide from the wall to pool floor – practice push and glides first. Repeat several times – then add the head first submersion. Repeat. 	<p>looking forward; hands by side; bend knees and jump forwards into water.</p> <ul style="list-style-type: none"> Keep arms in sight; start by pushing arms out straight in front; circle arms; bring under chin; finish extending arms Stretch between strokes; keep hands under water Pull first, then kick; kick into glide position; blow bubbles out through mouth and nose. Tread water (any type of leg kick, wave arms to pool floor); use legs to kick down hard along with hands and sink to floor. As above; add raised arms and sink to floor in streamlined position. Practice push and glide prone several times without submersion. Repeat above; this time, when stopping in the glide, dive to pool floor. 	<p>Floats</p>
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	<p>Exit Climb out at side</p>	<ul style="list-style-type: none"> No pause from glide to dive; head on chest; use arms to pull down; handstand action. 	
<ul style="list-style-type: none"> To further improve back crawl leg kick To introduce the different treading water techniques 	<p>Warm-up</p> <ul style="list-style-type: none"> Children to jump into pool unaided 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 Move children into correct places in pool according to their leg kick action <p>Main theme</p> <ul style="list-style-type: none"> 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). Holding float across chest, back crawl legs to other side – repeat. As above, but float behind head – repeat. Pupil demo of a good leg action in back crawl. Children to practice leg kick again with float – increase distance. Final practice with arms by side, sculling. Put whole stroke back together – but focus on leg kick <p>Contrasting activity (Some children may need aids to begin with when trying the different techniques)</p> <ul style="list-style-type: none"> 2 floats, one under each arm; in water 	<ul style="list-style-type: none"> Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water. Ears in water; eyes looking to ceiling and open! Continuous leg kick. Tummy pushed on top of the water; straight legs; little splash with toes on surface of water. Knees under water; long legs; continuous leg kick. Tummy pushed on top of the water; ears in water; eyes looking to ceiling; long, continuous legs. Unhurried leg action; head out of water; 	<p>Floats</p> <p>Floats</p>

	<p>children cannot stand up in; practice scissor leg kick under water (legs move backwards and forwards)</p> <ul style="list-style-type: none"> • As above, but try breast stroke leg kick. • As above, using a cycling leg action. • As above, using an egg beater kick (an alternating breast stroke leg kick) • Children to choose their most preferred leg action – practice without floats, close to side first, then increasing distance from the side. <p>Exit Climb out at side</p>	<p>continuous movement of legs.</p> <ul style="list-style-type: none"> • Don't put too much pressure on floats; relaxed and unhurried leg action; tip head back slightly if needed, but head should be out of water. 	
<ul style="list-style-type: none"> • Revise back crawl leg kick and improve arm action • Develop and improve dolphin leg kick 	<p>Warm-up</p> <ul style="list-style-type: none"> • Children to jump into pool unaided • 4-6 widths of front crawl (or alternate between front and back) – no teaching points to be given – use time to assess back crawl leg kick <p>Main theme</p> <ul style="list-style-type: none"> • 2 widths back crawl – assess arm action and move children according to this • Revise leg action – one float held on stomach/chest, kick legs • Repeat again – arms either at side or above head, kick legs • Revise arm action - 1 float held across chest – single arm action • Change arm – reinforce teaching points. Repeat several times • Push and glide (arms above head) – 2 arm strokes– repeat several times 	<ul style="list-style-type: none"> • Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water. • Relaxed, floppy ankles; kick up and down from hip • Push hips up to the surface; legs kick close together; knees under surface of water; long legs. • Little finger enters first; arm straight at entry; continuous action; brush past hips with the thumb. • Arm straight over shoulder; brush past ear with top of arm; shallow action; thumb out 	<p>Floats</p>

	<p>increasing number of strokes each time</p> <ul style="list-style-type: none"> Put stroke back together – push and glide, establish leg action then add arm action <p><u>Contrasting activity</u></p> <ul style="list-style-type: none"> Children to revise butterfly leg kick (dolphin kick) - have a go practising legs in prone position; arms extended – over a short distance first. <p><u>(if struggling ...)</u></p> <ul style="list-style-type: none"> On their back, arms by side, chin tucked down, leg action <p><u>Exit</u> Climb out at side</p>	<p>first.</p> <ul style="list-style-type: none"> Keep the kick going; breathe regularly Push and glide prone; legs work together; imagine both feet in one sock; wave motion with body Kick up to the surface; whip-like movement; legs close together. 	
<ul style="list-style-type: none"> Revise front crawl leg kick and improve breathing Begin to learn the skill of sculling (head first) 	<p><u>Warm-up</u></p> <ul style="list-style-type: none"> Children to jump into pool unaided 4-6 widths of front crawl (or alternate between front and back) – no teaching points to be given – use time to assess front crawl leg kick <p><u>Main theme</u></p> <ul style="list-style-type: none"> 2 widths front crawl – assess arm action and move children according to this. 2 widths – legs only front crawl holding 1 float. Push a glide – no float – add leg action; repeat several times. Swim 2 widths full stroke – look at breathing technique – move children according to this. 	<ul style="list-style-type: none"> Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water. Fully stretched arms; long legs; floppy ankles; turn feet inwards slightly when kicking Kick up to the surface; point toes (if children need to breathe, lift head but chin remains on surface of water) 	<p>Floats</p>

	<ul style="list-style-type: none"> • Hold onto side with one hand – submerge face; eyes open looking down at pool floor. • Hold float – one arm extended, other arm bent elbow, thumb on top of float near corner, elbow low in water. • Repeat this practice several times – stress the importance of strong leg kick. • 1 float – leg action with arm extended over top; other arm stretched out by side of float to start. 2 arm cycles, then breath taken - repeat using both arms. USE PUPIL DEMO'S TO SHOW GOOD TECHNIQUE. • Put whole stroke back together – encourage breathing to most comfortable side every 2 arm strokes. <p><u>Contrasting activity</u></p> <ul style="list-style-type: none"> • Explain the term ‘sculling’ – sweeps of the arm action in the different strokes to propel swimmers through the water. • Basic sculling (stationary scull) – on back, flat, horizontal body position. <ul style="list-style-type: none"> • Keep practising – pupil demo’s needed of good technique. • Progress onto head first scull (no legs should be kicking at any point) – same technique as above to get body position correct. 	<ul style="list-style-type: none"> • Blow out through mouth and nose; roll head to side to breathe; ear stays in water; practice breathing to both sides. • Roll head towards bent arm to breathe; breathe out before next in-breath; re-centre head as smoothly as possible (change positioning of arms to breathe to other side) • Strong, continuous leg kick; when a breath is wanted, pull through to thigh; roll head as hand passes thigh; re-enter head as arm comes over water • As above. • Lie on back – pillow head in water, looking up; arms close to body. • Palms pitched outwards (thumbs down) sweep outwards a short distance; palms pitched inwards (thumbs up) sweep inwards a short distance; continuous ‘figure of 8’. • Palms face towards feet, fingers point upwards; inward and upward sweeps made; arms stay close to body. 	<p>Floats</p> <p>Floats</p>
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	<p>Exit Climb out at side</p>		
<ul style="list-style-type: none"> • Revise front crawl breathing and further improve arm action • Link 3 floating movements together 	<p>Warm-up</p> <ul style="list-style-type: none"> • Children to jump into pool unaided • 4-6 widths of front crawl (or alternate between front and back) – no teaching points to be given – use time to assess front crawl technique <p>Main theme</p> <ul style="list-style-type: none"> • 2 widths front crawl – assess arm action and move children according to this. • Revise push and glide technique with children – ensure body position is correct. • Repeat again, adding a few arm cycles – remind children about rolling head to breathe. • Single arm action – use float to support one arm – hold float at bottom, in centre to help check entry of working arm. Alternate arms used. • Put whole stroke back together – start from a push and glide, add legs then arm action. <p>Contrasting activity</p> <ul style="list-style-type: none"> • Children to revise 3 floats – tuck float (mushroom), star float prone and star float supine. • How could these be linked together (rolling actions)? How many seconds should these floats be held for? (3-5 seconds) 	<ul style="list-style-type: none"> • Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water. <ul style="list-style-type: none"> • Arms stretch out straight; tops of arms squeeze ears; eyes looking down; legs glued together. • Lean into stroke; continuous smooth action; elbow out first, high on water. • Stretched arm on float; sweep hand in an ‘S’ shape under water; sweep past hip; elbow out first and high. • As above. <ul style="list-style-type: none"> • Refer to session 1. • When face in water, blow out through mouth and nose. 	<p>Float</p>

	<p>Exit Climb out at side</p>		
<ul style="list-style-type: none"> • Revise butterfly leg kick, increasing distance travelled • Practice different jumps into the water 	<p>Warm-up</p> <ul style="list-style-type: none"> • Children to jump into pool unaided • 4-6 widths of front crawl (or alternate between front and back) – no teaching points to be given <p>Main theme</p> <ul style="list-style-type: none"> • Children to have a go at full stroke, holding breath – focus on leg action and move according to this. • Using float stretched out in front of them, push and glide, add leg action • Repeat above practice – pupil demo's for good technique (if children are getting tired, alternate with some front crawl practice). • On back, arms by side, chin tucked down to prevent water flowing over the face. Leg action. • Repeat above practices – if children are becoming more confident with butterfly leg practices on front, take float away and have arms stretched out in front, like the push and glide action. <p>Contrasting activity</p> <ul style="list-style-type: none"> • Children to perform a pencil jump into water. • Children to perform a star jump into 	<ul style="list-style-type: none"> • Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water. • Crown of the head leads; undulating action • Imagine both feet in one sock; legs work together; 'wave' action with body • Kick up to the surface; whip-like movement; legs close together; feet in-toed (similar to front crawl leg kick) • Toes over edge of pool – head up and eyes looking forward; hands above head, straight, squeezing ears with tops of arms; bend knees and jump forwards into water; point toes on entry to water. • Toes over edge of pool – head up and eyes 	<p>Floats</p>

	<p>water.</p> <ul style="list-style-type: none"> Children to perform a straddle jump into water. <p>Exit Climb out at side</p>	<p>looking forward; hands by side; on take-off, hands and legs extend out to make a 'star' shape; back together on entry to water.</p> <ul style="list-style-type: none"> Toes over edge of pool – head up and eyes looking forward; arms stretched out at side; step off pool side into pool, NO JUMP; head should not go below water surface. 	
<ul style="list-style-type: none"> Work on swimming for a further distance on front (breast stroke/front crawl) Revise surface dives (head first and feet first) 	<p>Warm-up</p> <ul style="list-style-type: none"> Children to jump into pool unaided (choice of jump optional) 4-6 widths of front crawl (or alternate between front and back) – no teaching points to be given <p>Main theme</p> <ul style="list-style-type: none"> Revise breast stroke – leg and arm action- use float for leg action and practice on front and back. If confident, children to swim from deep end to designated point in pool, marked with floats. Revise back crawl leg and arm action – floats to be used for specific practices. If confident, children to swim from deep end to designated point in pool, marked with floats. <p>Contrasting activity</p> <ul style="list-style-type: none"> Feet first surface dives – can the children reach the bottom of the pool floor? 	<ul style="list-style-type: none"> Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water. Refer to sessions 2 and 3. Refer to sessions 7 and 8. Tread water (any type of leg kick, wave arms to pool floor); use legs to kick down hard along with hands and sink to floor. As above; add raised arms and sink to floor in 	<p>Floats</p> <p>Floats</p>

	<ul style="list-style-type: none"> • Head first submersion – practice several times, then try and retrieve object from bottom of floor. <p>Exit Climb out at side</p>	<p>streamlined position.</p> <ul style="list-style-type: none"> • Push and glide from wall - when stopping in the glide, dive to pool floor. • No pause from glide to dive; head on chest; use arms to pull down; handstand action. 	Sinkers
<ul style="list-style-type: none"> • Work on swimming for a further distance on front (breast stroke/front crawl) • Revise sculling action (head and feet first) 	<p>Warm-up</p> <ul style="list-style-type: none"> • Children to jump into pool unaided (choice of jump optional) • 4-6 widths of front crawl (or alternate between front and back) – no teaching points to be given. <p>Main theme</p> <ul style="list-style-type: none"> • Revise breast stroke – leg and arm action- use float for leg action and practice on front and back. • If confident, children to swim from deep end to designated point in pool, marked with floats. • Revise back crawl leg and arm action – floats to be used for specific practices. • If confident, children to swim from deep end to designated point in pool, marked with floats. <p>Contrasting activity</p> <ul style="list-style-type: none"> • Revise sculling action – stationary to begin with. 	<ul style="list-style-type: none"> • Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water. • Refer to sessions 2 and 3. • Refer to sessions 7 and 8. • Lie on back – pillow head in water, looking up; arms close to body. • Palms pitched outwards (thumbs down) sweep outwards a short distance; palms pitched inwards (thumbs up) sweep inwards a short distance; continuous ‘figure of 8’. 	

	<ul style="list-style-type: none"> • Revise head first sculling across pool. • Have a go at feet first sculling – same technique as above, but palms and hands pitched differently. <p>Exit Climb out at side</p>	<ul style="list-style-type: none"> • Palms face towards feet, fingers point upwards; inward and outward sweeps made; arms stay close to body. • Palms face towards head, fingers point downwards; inward and outward sweeps made; arms stay close to body. 	
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