****

**Session Plan 10**

|  |  |  |
| --- | --- | --- |
| **Teacher’s Name:** | **Venue:** | **Duration: 30 Minutes** |
| **Date:** |  |  |
| **No of Participants:** | **Learn to Swim Level:** | **Age of Participants:** |
| **Equipment required:** Floats & Sinking hoops | | **LTAD Level: Fundamentals** |

|  |
| --- |
| **Session Aim:** To develop streamlining on the back (Supine) and confidently rotate longitudinally. |
| **Session Objectives**: **By the end of the lesson the swimmers will be able to :-** |
| 1. Balance in a floating position on their Back without arm bands. |
| 2. Hold a streamline position without support on the back. |
| 3. Rotation longitudinally controlling breathing whilst maintaining a streamlined body position. |

|  |  |  |  |
| --- | --- | --- | --- |
| **Mins** | **Content i.e. Practices** | **Teaching points** | **Organisation / Equipment** |
| 2 min  3/4 min | **Entry activity**   1. Down steps 2. Sit and swivel | One at a time holding onto rails.  Both hands at one side of body and placed on poolside  Roll over and lower body into water slowly | ---X---X---X---  One at a time  Using  - Waves  - Staggers  - Chains  - Random spacing |
| **2. Warm Up / introductory activity**  Submerging (Simon Says)   * Submerging * Floating and regaining the standing positions from front. | Blow out under water through mouth and nose. Eyes open.  Lie flat with arms and legs spread wide (Star shape). Pencil shape with long body.  Take arms out wide and sweep the hands down and towards pool floor then past hips and up to the surface. The back of the head comes out of the water and the head moves forward. At the same time tuck knees up and the body starts to rotate to vertical position. Both feet down onto the pool floor and then stand up tall. |
| 20 min | **Main Theme**  **(No arm bands)**  Floating on back holding wall  Float on back with 2 floats float or noodle  Floating on back with partner  support  Floating near the wall | Blow into water out through mouth. Lie flat on back with ears in the water and eyes  looking up. Tummy pushed up and long legs just below the surface of the water.  How many shapes can you make? | Using  - Waves  - Staggers  - Chains  - Random spacing |
| Push & Glide from pool floor arms by side  Push & Glide from wall arms at side  Push & Glide from wall through hoop  Push & Glide to open water with arms extended beside the head | Head back slowly lift feet off the floor once ears are in the water and eyes are looking up. Push hips up and body backwards.  Hold on with both hands and both feet flat against the wall. Look up and slowly push off and stretch body out. Tummy up and long straight body position. |
| 4 min | **Contrasting Activity**  Log roll/cork screw -  Front to back  Back to front | Long body on front, slowly push one shoulder down and raise the other one out of water. Turn the head towards the dropped shoulder. Rotate onto back keeping a streamline body. Now do it back to front. | Spaced out |
| 1 min | **Conclusion / exit**  Up steps | One at a time, follow the leader. |  |

|  |
| --- |
| **Evaluation of session** |
| **Pupil performance:** |
| **Personal Teaching skills:** |

|  |
| --- |
| **Action plan:** |
| On the basis of the above evaluation what should pupils be doing next /what adaptations are needed for individuals? |
| On the basis of the above evaluation what do I need to do to improve my personal teaching skills / knowledge? |

Tutors Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teachers Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_