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**Session Plan 5**

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| **Teacher’s Name:**  | **Venue:**  | **Duration:** **25 minutes**  |
| **Date:** |  |  |
| **No of Participants:** | **Learn to Swim Level:**  | **Age of Participants:**  |
| **Equipment required:** | **LTAD Level: Fundamentals**  |

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| **Session Aim:** To introduce Butterfly and develop Diving |
| **Session Objectives**: **By the end of the lesson the swimmers will :-**  |
| 1. Be able to move through the water in a streamlined position using an undulating movement. |
| 2. Be able to use both legs at the same time creating forward propulsion and attempt an over the water arm recovery. |
| 3. Be able to enter the water head first in a safe and controlled manner. |

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| **Mins** | **Content i.e. Practices incl. ability gr.** | **Teaching points** | **Organisation / Equipment**  |
| 1 min3 mins | **Entry**  Jump in  | Make sure there is a space one at a time, toes over the edge, jump away from the wall and land on both feet bending knees when feet touch the bottom |  |
| **Warm Up / Introductory activity** Back crawl | Swim slowly, eyes open, head steady, continuous action with arms and legs  |
| 15- 20 min | **Main Content** **1.** P&G on front  P&G Kick – arms extended | Long body, head between arms, One hand on top of other. Alternating and continuous kick with long legs. | Using- waves- Staggers- Chains- Random spacingPupils can set themselves off by counting at each side of pool, following the leader or work individually. |
| **2.** Kick on back Kick on side Kick on front arms extended Kick on front – arms at side | Use both legs at the same time, legs close together, kicking up and down, wiggle like a worm, ankles plantar flexed, relaxed and toes turning in. Hips move up as the legs drive down and straighten. As feet rise to surface the hips drop down. |
| **4.** Standing in shallow water – arms only | Both feet on floor, lean forward and put face in water. Pull back under the water towards hips and then throw arms over the water. |
| **5.** Short distance full stroke | Both arms thrown over water at the same time, hands enter the water in front of the shoulders, draw a keyhole shape with elbows higher than hands, push back to hips.  |
| 5- 10 min | **Contrasting Activity**Diving1. Sitting
2. Crouch
 | Heels in trough or on rail, arms stretched above head, head between arms. Lean forward and push hips up.Fingertips enter first, body follows and feet enter last. Long body on entry.Toes curled over the edge, feet hip width apart, Knees bent, over balance, rise up onto the balls of your feet and then push off with both feet raising the hips. Long body on entry. |  |
| 1 min | **Conclusion / exit**Climb out | Hold onto rails and slowly climb out one step at a time. |  |

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

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| **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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_