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**Session Plan 9**

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| **Teacher’s Name:** | **Venue:** | **Duration:** **25 minutes** |
| **Date:** |  |  |
| **No of Participants:** | **Learn to Swim Level:** | **Age of Participants:** |
| **Equipment required: Egg flips ,hoops, watering cans or cups** | | **LTAD Level: Fundamentals** |

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| **Session Aim:** To develop aquatic breathing, submersion and horizontal streamlining on front. |
| **Session Objectives**: **By the end of the lesson the swimmers will :-** |
| **1**. Be able to control breathing whilst submerging and resurfacing. |
| **2**.Be able to gain a horizontal body position with support on the front |
| **3**. Be able to submerge, blow out, then resurface take a breathe in and submerge again. |

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| **Mins** | **Content i.e. Practices** | **Teaching points** | **Organisation / Equipment** |
| 1 min  3 mins | **Entry**  Down steps | One at a time. Hold rail and feel for steps with your foot. Go down one step at a time. Move away from the steps once both feet are on the pool floor. | Using  - Waves  - Staggers  - Chains  - Random spacing  Pupils can set themselves off by counting at each side of pool, following the leader or work individually. |
| **Warm up /Introductory activity** Running, jumping, skipping hopping- movement through water.  **(Changing direction and speed of movement)**  You could add some games   * What’s the time Mr Wolf * Port/ Starboard | Small steps & big steps, Tall body & short body. Move forwards, backwards and sideways, slow and fast. |
| 15- 20  min | **Main Theme**  Blow toys along the surface  Wash face  Pour water over face and blow it away  Blow bubbles on the surface out mouth  Face in water blow out first through mouth and then nose  In pairs   * do seesaw * shout your name * underwater facing each other count how many fingers they have up   Pick up object of the pool floor  Bobbing ( try for 3 ) | Blow small and big bubbles  at the surface and then under the water. Blow out through your mouth and then try your nose. Eyes open can you see your bubbles?  Shout at your partner whilst under the water can they hear you? Count your partner’s fingers. Shoulders underwater and head fully submerged. Come up when you need to breathe in.  Go under and blow out and then bring your face out the water and breathe in with your eyes open. Go straight back under the water and blow out again. Keep your hands in the water and rise and fall slowly. | Using  - Waves  - Staggers  - Chains  - Random spacing  Pupils can set themselves off by counting at each side of pool, following the leader or work individually. |
| 5- 10 min | **Contrasting activity**  Sky Divers on front ( Partner pulling you through the water in a horizontal position with face in water | Walk backwards pulling your partner along.  On your front hold your partners hands. Long arms and long legs. Blow out, eyes open and relax. How long is your body? Can you feel your body rise toward the surface of the water? Relax and keep your body long. |  |
| 1 min | **Conclusion / exit**  Climb out | Hold onto rails and slowly  climb out one step at a time or place both hands on side. Push off pool floor bringing top half of body over the side. Bring one knee up at a time. Move away from side and stand up. | One at a time or find a space. |

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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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_