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**Session Plan 6**

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| **Teacher’s Name:** | **Venue:** | **Duration:** **20-30 minutes** |
| **Date:** |  |  |
| **No of Participants:** | **Learn to Swim Level:** | **Age of Participants:** |
| **Equipment required:** None | | **LTAD Level: Fundamentals** |

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| **Session Aim:** Develop back crawl and rotate into a vertical position (Handstand) |
| **Session Objectives**: **By the end of the lesson swimmers will be able to :-** |
| **1.** Maintain a streamline body position and a continuous propulsive leg action**.** |
| **2**. Perform a bent arm pull which is propulsive and continuous. |
| **3**. Rotate the body into a handstand position whilst controlling their breathing and their body position. |

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| **Mins** | **Content i.e. Practices incl. ability gr.** | **Teaching points** | **Organisation / Equipment** |
| 3/5 min | **Entry /warm Up / introductory activity**  **1.** Sit down, slip in | Sit on poolside, turn to side, both hands on side, swivel round slowly & lower yourself into the water. | A variety of  ways can be used   * Chains * Staggers * Waves * Random   spacing |
| **2.** Front crawl swim | Swimming slowly, long strokes.  Breathing relaxed and continuous. |
| 10/15 min | **Main Content**  **1.** Full stroke BC | Swim slowly with a continuous leg and arm movement | A variety of  ways can be used   * Chains * Staggers * Waves * Random   spacing  Last one in first away again.  Counting to 10 and following the person/group in front. |
| **2.** Push & glide on back | Ears in water , eyes looking up, head steady  Tummy up, lie long and flat, |
| **3** Full Stroke BC | Swim slowly thinking of the body position points above. |
| **4.** 1 float L/O  Arm by side L/O and rolling.  Arms extended L/O | Long legs kicking up & down, straightening leg on kick up, toes flick up to the surface, kick up and down with legs close together, Continuous kicking with plantar flexed relaxed ankles and toes turning in. Shoulders are rolling, one in the water the other out of water. |
| **5.** Full stroke – ( If leg action is not correct return to leg practices) | Nice slow swim with controlled movements concentrating on the above points. |
| **6.** Single arm 1 float  Single arm without float | Arm movement is alternating and continuous, arms recovery over water.  Little finger in first, arm brushing ear, pull travelling in a curved pathway with arm bending downsweep, upsweep, downsweep , push past thigh, thumb out first with long arm recovering directly backward. |
| **7.** Full stroke | Swim using a continuous leg and arm action thinking of points above. |
| 3/5 min | **Contrasting Activity**  **1.** Handstands | Push off floor with both feet, head and shoulders down, pike body and push hips up.  Place both hands on pool floor – legs lift above body, body extended with head between arms, Try to balance in a vertical position. | The pupils can  work independently  or with a partner.  Working in pairs  Holding partners legs |
| 1/2 min | **Conclusion / exit**  Up steps/Climb out | One step at a time, hold rail and climb out slowly.  2 hands on side, push off pool floor  Lift your upper body over onto the side of the pool, bring one knee up and swivel onto poolside with other leg following |  |

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