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**Session Plan 1**

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| **Teacher’s Name:** | **Venue:** | **Duration: 25 mins** |
| **Date** |  |  |
| **No of Participants:** | **Learn to Swim Level:** | **Age of Participants:** |
| **Equipment required:** Floats and poolside markers. | | **LTAD Level: Fundamentals** |

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| **Session Aim:** To Introduce Back Crawl and head first sculling. |
| **Session Objectives**: **By the end of the lesson swimmers will be able to :-** |
| **1,** Maintain a horizontal and streamlined body position and maintain an effective and continuous propulsive kick. |
| **2.** Recover their arms straight over the water. Thumb coming out first, hand rotates and pinkie enters the water. |
| **3.** Travel head first through the water using a sculling action. |

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| **Mins** | **Content i.e. Practices** | **Teaching points** | **Organisation / Equipment** |
| 2 mins  3 mins | **Entry**  1.Down Steps  **2.** Jumping In | One step at a time, hold rails – go slowly and wait your turn.  Toes curled over edge. Jump away from the side, land on both feet and keep knees soft on landing. | Using  - Waves  - Staggers  - Chains  - Random spacing |
| **Warm Up / Introductory activity**  Front Crawl (short swim) | Swim slowly; blow out under water, long body, long stroke, arms and legs moving continuously. |
| 15 mins | **Main Content**  **1.** Push and glide on back    Push, glide and kick | Long body, ears in water, eyes look up & forward, shoulders rolling.  Tummy up near surface, legs long on back.  Horizontal & Streamlined.  Alternating and continuous kicking with long legs. | Using  - Waves  - Staggers  - Chains  Last one in, first away again.  Counting to 10 and following the person/group in front. |
| **2.** Legs only - one float on chest  L/O - one float over knees  L/O - arms by side  L/O - arms extended or one arm extended | Legs work close together, kicking from the hips.  Legs long, slight bend of leg on downbeat. Legs travel upwards to surface knee straightens, ankles plantar flexed and relaxed. Toes make bubbles, one up, one down alternating & cont. |
| **3.**  Single arm BC with one float.  Single arm no float ( arm by side) | Long arm recovers over water, arm brushes ear, pinkie enters first, long pull underwater.  Hand sweeps downwards, upwards, downwards and travels with a bent arm, arm stays underwater. Thumb exits first near the thigh. Alternating & continuous action. |
| **4.** Full stroke BC | Arms and Legs work continuously. Breathing in and out continuously. Maintain streamlined body position throughout the swim. |
| 5 mins | **Contrasting Activity**  Sculling head first | On back, long body, eyes look up, fingertips point up, and palm of hand face feet near hips. Draw a figure of eight keeping hands in the water. Once you get the action increase the speed. | Using  - Waves  - Staggers  - Chains |
| 2 mins | **Conclusion / exit**  Up steps | Slowly, one step at a time and wait till the person in front is on poolside before the next one goes. | One 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_