



YEAR 3/4

## Swimming

Lesson 5 - Developers

### Learning Objective

To develop gliding and backstroke.

### Success Criteria

#### Year 3

- I can coordinate by arms and legs to swim backstroke in a streamline position.

#### Year 4

- I can coordinate by arms and legs to swim backstroke in a streamline position.

## Handy Hints

Keep your hips lifted.

Keep your body close to the surface of the water.

## Equipment

- Kickboard x 12

**10 Mins**

## **Warm Up and Introduction**

### **Jumping in:**

Pupils move two at a time to jump into the pool. Upon landing they tread water whilst waiting for their group to enter the pool.

Check that the water is clear of swimmers before entering.

Eyes face forward.

Place your toes over the edge.

Bend your knees on landing.

Make this easier by holding onto the pool edge instead of treading water.

### **Everyone is it:**

Give all pupils a kickboard. Pupils can use any stroke but must swim with their kickboard. All pupils are it and try to tag other pupils. They gain one point each time they tag someone and they cannot tag the person who just tagged them.

Encourage the pupils to swim safely, being aware of other swimmers.

20 Mins

## Skill Development

### Backstroke legs:

Pupils have one kickboard each. They hold the kickboard on their front and use backstroke legs to swim 15m.

Repeat twice.

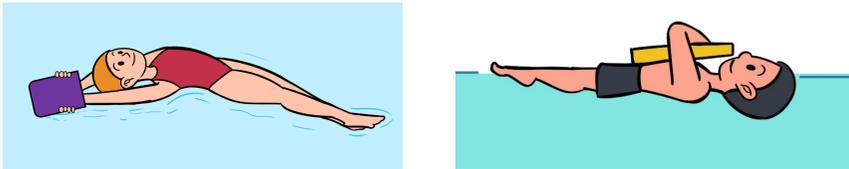
Keep a streamline and flat body position with your eyes looking up.

Kick from the hips with alternating legs.

Keep your legs close together.

Relaxed ankles.

Make this harder by holding the kickboard above your head with extended arms.



### Backstroke arms:

Whilst holding the kickboard on their chest with one arm, pupils practise the backstroke arm action with the other arm.

Pupils practise this over 15m with one arm and then 15m with the other and repeat this twice on each side.

Lead with your thumb as your arm comes out of the water.

Your little finger should enter the water first with your arm straight and your palm facing outwards.

Ensure your arm passes your ear before entering the water.

Once your arm is in the water turn your palm so it is facing the bottom of the pool and scull your hand outwards and downwards until it reaches a position in a line between your upper chest and shoulders with your elbow bent.

Then, rotate your hand again so your palm is facing towards your feet, push through the water until your arm is fully flexed by the thigh and repeat.

### **Full backstroke:**

Without a kickboard, pupils take it in turns with a partner to swim 20m in backstroke.

Keep your hips lifted, try to keep your body close to the surface of the water.

Keep your head still and your neck relaxed.

Make this easier by swimming a shorter distance or continuing with the kickboard.

### **Float race:**

**A** In pairs with one kickboard between them. Challenge the pupils to race against other pairs. Their task is to get their kickboard to the other side of the swimming pool as quickly as possible. They both need to touch the kickboard at some point but cannot hold it with their hands. Give the pupils time to discuss their tactic.

Consider possible methods and discuss these with your partner before coming to a decision together.

**B** Ask the pupils to reflect on their tactic and then repeat the game.

Consider what worked well with your tactic and how it could be improved. Did they notice a good idea from another group that they could adopt?

**5 Mins**

## **Plenary**

Ask the pupils to exit via the pool edge.

Keep your fingers pointing forward and your hands shoulder width apart.

Push down on the pool edge to lift yourself up and climb out.

Make this easier by using the corner of the pool.

Ask the pupils reflect on the teaching points for backstroke. Ask them why it is important to keep their hips near the water surface.

How did they come to an agreement on their tactic for the float race? Talk to the pupils about the benefit of sharing ideas with others.