



YEAR 3/4

Swimming

Lesson 6 - Developers

Learning Objective

To develop rotation, sculling and treading water.

Success Criteria

Year 3

- I can kick with alternate legs whilst keeping a balanced and streamline shape.

Year 4

- I can kick with alternate legs whilst keeping a balanced and streamline shape.

Handy Hints

Push the water towards and away from you to scull.

Equipment

- Blow bump ball x 2
- 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 you toes over the edge.

Bend your knees on landing.

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

Follow the leader:

Pupils work in pairs. One is the leader and decides where to travel in the teaching area and how to travel. Their partner follows and copies. On the command 'change,' pupils swap roles and the travelling action.

Encourage the pupils to swim in different directions.

Swim at a slower pace being mindful of other swimmers.

Make this easier by allowing the pupils to hold onto a buoyancy aid.

20 Mins

Skill Development

Rolling logs:

A Working with a partner, pupils take it in turns to swim on their front then rotate to swim on their back (horizontal rotation) without arms. Repeat three rotations, then swim back to the pool edge with a stroke of their choice and change with their partner.

Begin from a front float with your eyes looking at the pool floor.

Kick in front for a count of four with streamline arms outstretched.

Roll over onto your back and bring your arms to your sides.

Lift your chin towards the sky and look up.

Kick on your back for a count of four.

B Rolling logs with arms. Repeat the activity, this time using four strokes of front crawl arms when on front and four backstroke arms when on back.

Aim for smooth rotations.

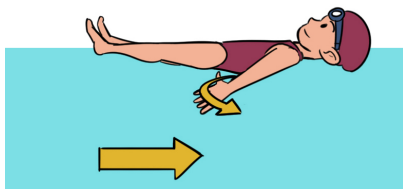
Sculling and backstroke kicks:

Pupils practise sculling on their back whilst using backstroke kicks. Repeat three times over 10m.

Begin in a crouched position holding onto the pool edge with shoulders under the water.

Move gently to a back glide with your arms by your sides.

Thumbs down on the push-out and thumbs up on pull-in. Like drawing a figure of 8 (maintain the pressure on the water with the palms of your hands).



Treading water:

- (A) Ask the pupils to tread water in a space in the pool area.

Tread water with a breaststroke type leg action and sculling with your hands.

Body stays upright.

Keep your head above the water and keep a steady breath.

Make this easier by using buoyancy aids.



- (B) Ask the pupils to tread water in a circle. Whilst treading water the pupils pass a ball to one another. Pupils may not use the wall or touch the bottom of the pool. A point is scored for each pass completed without dropping the ball. If the ball is dropped, start counting from zero.

Be inclusive and pass to a different person each time.

Check that the receiver is looking at you and ready to receive. Call their name if they are not looking at you.

Keep your body upright.

Make this easier by playing in smaller groups so that the circle is smaller.

Make this easier by allowing the pupils to touch the bottom of the pool.

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 how they worked collaboratively to achieve their highest number of passes.

How did treading water make them feel? Notice how swimming will increase their heart rate and make them healthier.