



YEAR 3/4

Swimming

Lesson 3 - Developers

Learning Objective

To develop gliding and crawl legs.

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

Keep a streamline shape throughout your glide.

Equipment

- Hoops x 6
- Kickboard x 12
- Noodle x 3

10 Mins

Warm Up and Introduction

Pool entry:

Ask the pupils to enter the water with a crouch and 1/4 turn entry.

Crouch on poolside with your toes over edge of pool.

Place one hand on the side of the pool.

Lean on your hand and jump into pool making a quarter turn.

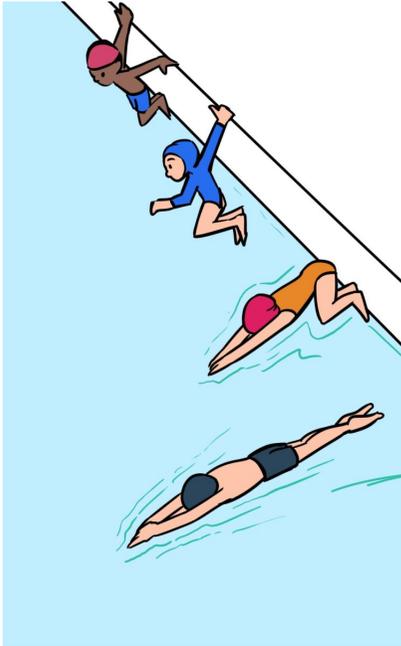
Bend your knees when your feet touch the pool floor.

Hand remains in contact with pool edge until you are standing steadily.

Push and glide:

A Ask the pupils to push and glide from the poolside each time seeing if they can travel further than the last. Swim back using any action. Repeat four times.

Keep a narrow streamline shape as your glide.



B In pairs, ask the pupils to compete against their partner, who can travel the furthest in one glide?

Encourage the pupils to support one another even though they are competing. Can they watch their partner and provide them with feedback after their glide?

Stop to mark where you glided to.

Be sure not to drift forward once you have stopped.

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.

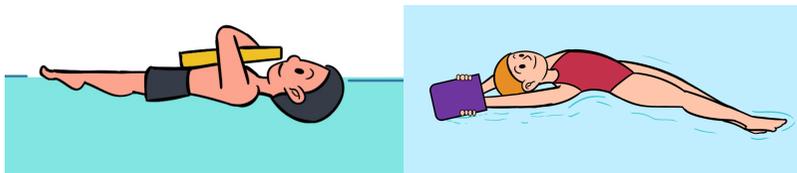
Keep a streamlined and flat body position with your eyes looking up.

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.



Front crawl legs:

In pairs, pupils have one kickboard each and hold this with arms outstretched with their chin on the water surface. They take it in turns with their partner to swim 15m using front crawl legs.

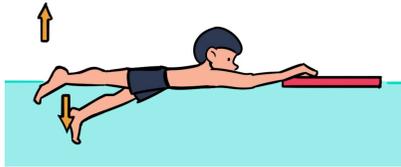
Repeat a few times.

Ask the pupil watching to notice the rise of their partner's feet and the amount of splash they make in the water. Can they notice if their partner is maintaining a balanced and streamline shape throughout? Can they provide feedback to their partner on these points?

Keep a flat and streamlined body position.

Use an alternating kick from the hip.

Kick continuously with stretched feet.



Front vs back:

In pairs with one kickboard each. Pupils race against each other over a 20m distance.

A One pupil must swim on their back and the other must swim on their front. Then they switch roles. Ask the pupils to discuss which they believe to be the quickest.

In both strokes maintain a streamline position with hips near the surface of the water.

Make this harder by racing over 25m.

B Repeat the race, this time pupils must swim on both their front and back at some point during the distance. This means pupils will need to rotate from one to the other.

Use your head to start the action of rolling over.

Make this harder by completing the challenge without the float.

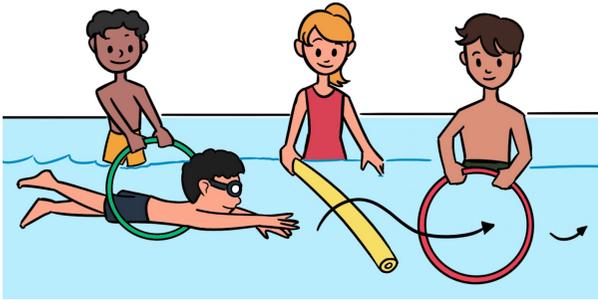
Over and under:

In groups of four give two pupils one hoop each and one pupil a noodle.

A One pupil begins as the swimmer and swims through the hoops and over the noodle using crawl legs.

Take a big relaxed breath before submerging.

Make this harder by holding the hoops and noodles lower or higher in the water.



B Once all pupils have had a turn, ask the pupils to create their own rules for the obstacle course. They may want to stand in a different formation, swim through two hoops at a time or swim on their back through one and on their front through the other. They may wish to time each other using the pool clock then see who can beat their own score.

Discuss and share ideas with your group being sure to listen to everyone.

Remind the pupils to ensure their obstacle course is safe for use.

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 to comment on the similarities between front and back crawl legs.

Ask the pupils to comment on how swimming made them feel physically. Encourage the pupils to recognise how swimming helps them to develop their strength and stamina.