



YEAR 3/4

## Swimming

Lesson 2 - Developers

### Learning Objective

To develop independent movement and submersion.

### Success Criteria

#### Year 3

- I can move confidently under water.

#### Year 4

- I can move confidently under water.

## Handy Hints

Take a big relaxed breath before submerging.

## Equipment

- Diving discs x 12
- Foam balls x 10
- Kickboard x 12

**10 Mins**

## **Warm Up and Introduction**

### **Pool entry:**

Ask the pupils to enter the pool with side on stomach entry.

Sit on the side of the pool.

Turn over onto your stomach, place both hands firmly onto the pool side.

Slide down the wall while feet feel for the pool floor.

Hands remain in contact with the pool side.

### **Directions:**

With one kickboard each, ask the pupils to begin in a space in the teaching area. Ask them to swim around the space using any action of their choice. When the teacher calls a direction (forwards, backwards, sideways) ask the pupils to respond by swimming in that direction, again by using an action of their choice.

Ensure you swim at a steady speed and watch out for other swimmers.

Make this harder by using a smaller area.

**20 Mins**

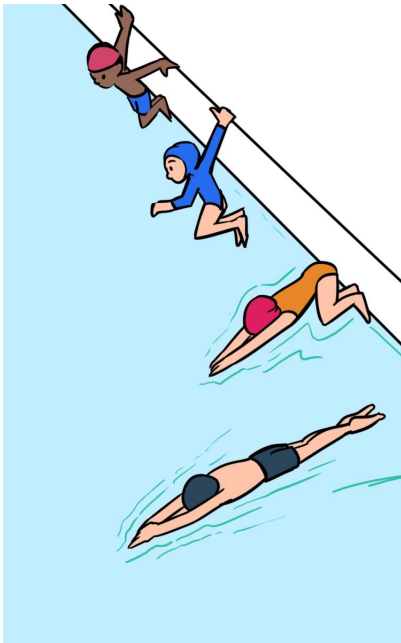
## Skill Development

### Push and glide:

Pupils push and glide from the side of the pool. Ask them to practise a few times on their front and then a few times on their back.

Make your body narrow by bringing your hands together and legs together.

Head down.



### Under the lily pads:

**A** Place six kickboards out in the teaching space. Ask the pupils to swim using an action of their choice. When they approach a kickboard pupils swim underneath it.

Look out for other swimmers before submerging.

Take a big relaxed breath before submerging.

**B** Challenge the pupils to see how many floats they can swim under in 1 minute. Then repeat the challenge and ask the pupils to see if they can beat their own score.

Remind the pupils to be aware of other swimmers to avoid collisions.

**Retrieve floating and sinking objects:**

Scatter a selection of floating and sinking objects and ask the pupils to retrieve them. Pupils swim, using any stroke of their choice, retrieve the object and bring it back to the pool edge. Teacher to place items back in the water to keep the activity continuous.

Push and glide from the side of the pool each time.

Make this easier by playing in shallow water.

Make this harder by playing the game as a competition in which pupils are allocated points based on the number of items they collect within a set time.

**Stuck in the mud:**

Select two pupils to be the catchers. When a pupil is tagged they put their arms out across the surface of the water. To be freed another pupil must submerge under either arm.

Look for pupils to free as you are swimming.

Make this harder by swimming through legs to free people.

**5 Mins**

## **Plenary**

Ask the pupils to exit the pool via the ladder.

[Hold onto the rails when climbing out the ladder.](#)

Ask the pupils how they kept themselves and others safe whilst swimming today.

Ask the pupils how swimming makes them feel and encourage the pupils to recognise how swimming helps to make them stronger and fitter.