



YEAR 3/4

## Swimming

Lesson 7 - Developers

### Learning Objective

To develop surface dives, submersion and handstands.

### Success Criteria

#### Year 3

- I can control my breathing when submerging.

#### Year 4

- I can control my breathing when submerging.

## Handy Hints

Tuck your chin in and bring your arms over head.

## Equipment

- Kickboard x 4

**10 Mins**

## **Warm Up and Introduction**

### **Entry, 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 pool edge.

Bend your knees on landing.

### **Traffic lights:**

Ask the pupils to swim around the teaching space responding to the following instructions:

- Green: swim
- Yellow: tread water
- Red: hold a star float

Swim into space away from others.

Make this harder by adding in directions for the pupils to swim in.

20 Mins

## Skill Development

### Surface dives:

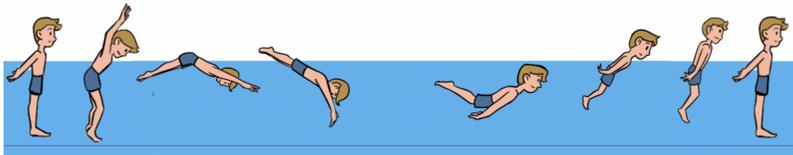
**A** Pupils begin in their own space in the water. From treading water, pupils complete surface dives to the bottom of the pool and then resurface. They repeat this five times.

Tuck your chin in.

Arms come over head and into the water.

Body follows through the hole made by your fingertips.

Make this easier by completing in shallow water.



**B** Ask the pupils to swim around the teaching space using a stroke of their choice. Every few strokes they stop to perform a surface dive.

Take a deep breath in before each dive.

Make this harder by placing diving discs in the water for the pupils to retrieve. After each collection they bring the disc to the poolside and look to retrieve a different one.

**C** Ask the pupils to surface dive to the bottom of the pool and perform a handstand. Ask the pupils to work with a partner they take it in turns to surface dive and hold a handstand whilst their partner counts how long they hold their handstand for. Ask the pupils to provide their partner with feedback after each attempt. Can they also congratulate their partner when they make progress on the feedback given?

Dive down tucking your legs to your chest.

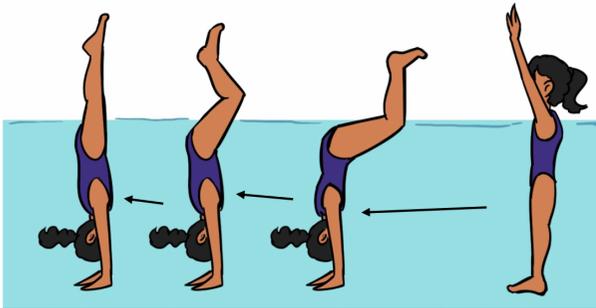
Place your hands on the floor shoulder width apart.

Keep your legs together and straight.

Point your toes to the sky to help you to keep balanced.

Make this easier by having the pupils support one another by holding their legs.

Make this harder by playing with tipping your weight onto one hand and then the other or by creating different shapes with your legs.



### Dolphin tag:

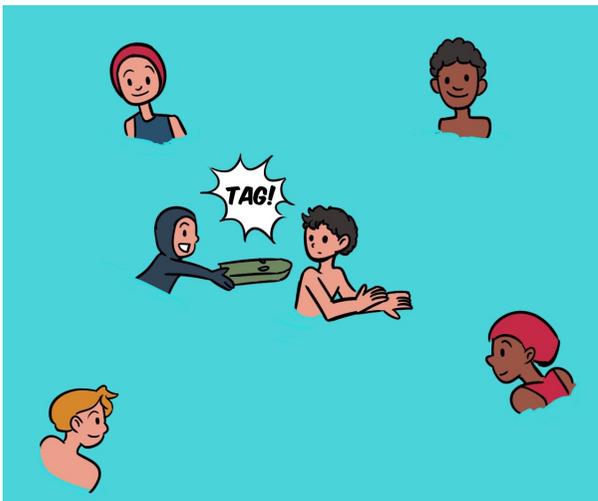
Select four pupils to be the catchers, they each carry a kickboard. If caught, pupils stand still until they are freed by someone surface diving under their legs or arms. Play the game specifying that they must travel on their front and then again rotating the catchers and specifying that they need to travel on their back.

Judge the distance between yourself and the swimmer you are freeing to ensure your surface dive isn't too soon.

Look for caught swimmers to free.

Swim safely, being mindful of other swimmers.

Make this harder for the catchers by swimming in a larger space.



**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 support and feedback they were given from their partner.

Discuss the importance of supporting others and the positive impact this has on learning and wellbeing.