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**Session Plan 3**

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| **Teacher’s Name:** | **Venue:** | **Duration: 25 mins** |
| **Date:** |  |  |
| **No of Participants:** | **Learn to Swim Level:** | **Age of Participants:** |
| **Equipment required:** Floats (FC) noodles and floating hoops( Diving) | | **LTAD Level: Fundamentals** |

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| **Session Aim:** To Develop Front Crawl and introduce Diving |
| **Session Objectives**: **By the end of the lesson the swimmers will :-** |
| **1.** Have a streamlined body position with a continuous and propulsive leg action. |
| **2.** Be able to perform a continuous arm action with arms recovering over the water with a high elbow. |
| **3.** Be able to enter the water head first with a streamline body position. |

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| **Mins** | **Content i.e. Practices** | **Teaching points** | **Organisation / Equipment** |
| 2 mins  3 mins | **Entry**  **1.** Down Steps  Jumping In | One step at a time, hold rails – go slowly and wait your turn.  Toes curled over edge. Jump away from the side, land on both feet and keep knees soft on landing. | Using  - Waves  - Staggers  - Chains  - Random spacing |
| **Warm up**  Own choice of stroke( not B Fly) | Slow swim with regular breathing. |
| 15 mins | **Main Content**  **1.** Full Stroke FC | Slow continuous action, long body, breathing regularly and body relaxed. | Using  - Waves  - Staggers  - Chains  - Random spacing  Last one in, first away again.  Counting to 10 and following the person/group in front. |
| **2.**  Push and Glide on front at surface  Push and Glide below the surface  Push, glide and kick | Long body, head in natural position, face in the water with eyes looking down and forward. One hand on top of other, arms squeezing ears and legs together with toes pointed. |
| **3.** Full Stroke FC | Slow swim, shoulders roll and hips are near the surface. |
| **4.**  Legs only 1 float  Legs only on side with 1 float  (swap sides)  Legs only arms extended – could add sculling | Long legs kicking up & down from hips continuously. Ankles relaxed with toes turned slightly inwards. Legs stay close together. |
| **6.**  Full stroke  Single arm (1 float)  (Swap arms)  Small distances  Catch up  Full stroke | Enter water thumb first, elbow higher than hand then stretch forward. The hand sweeps out and down to catch. The hand presses backwards travelling down, in, and up towards the thigh.  With elbow high hand accelerates back to hips  Elbow leaves water first and arm recovers over the water. |
| 5 mins | **Contrasting Activity**  Sitting Dive  Kneeling Dive  Crouch Dive | Heels in trough/ on rail or kneeling with one foot toes curled over edge, other leg kneeling with toes curled under, arms stretched above head, head between arms. Lean forward and push hips up.  Fingertips enter first, body follows and feet enter last. Long body on entry. Toes curled over the edge, feet hip width apart, knees bent, over balance, rise up onto the balls of your feet and then push off with both feet raising the hips. Long body on entry. | Staggers |
| 2 mins | **Conclusion / exit**  Climb out | Both hands press down on side of pool. Lift top half of body over the side. Bring one knee up onto the side and then the other. Stand up on the side of the pool. | One at a time |

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| **Evaluation of session** |
| **Pupil performance:** |
| **Personal Teaching skills:** |

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| **Action plan:** |
| On the basis of the above evaluation what should pupils be doing next /what adaptations are needed for individuals? |
| On the basis of the above evaluation what do I need to do to improve my personal teaching skills / knowledge? |

Tutors Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teachers Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_