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**Session Plan 7**

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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 and noodles | | **LTAD Level: Fundamentals** |

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| **Session Aim:** To Introduce Breast Stroke and treading water |
| **Session Objectives**: **By the end of the lesson swimmers will be able to :-** |
| 1. Use both legs at the same time and turn feet out (Dorsi flexed) whilst maintaining a streamline body. |
| 2. Use both arms whilst keeping hands under the water and in front of shoulders. |
| 3. Attempt an egg beater kick and keep their head above the water for a short period of time whilst treading water. |

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| **Mins** | **Content i.e. Practices incl. ability gr.** | **Teaching points** | **Organisation / Equipment** |
| 1 min  2 mins | **Entry /warm Up / introductory activity**  **1.** Jumping In | Toes curled over edge, jump forward land on both feet. | Up steps  ---X---X---X---  One at a time |
| **2.** Own choice stroke | Swim slowly with a relaxed body. Regular breathing. |
| 15 mins | **Main Content**  **1.** Push and Glide | Long body, arms fully extended with one hand on top of the other. Face in water with head between arms. Squeeze ears and look downwards. Long legs kept close together. | Waves  Chains |
| **2. Legs action**  Holding wall legs only  2 Floats on back legs only  2 Floats on front legs only  1 float on front legs only | Both legs move at the same time and at same level.  Long legs together, heels to seat, feet turn out, knees hip width apart /feet slightly wider than knees. Feet drive back, following a round, in and slightly downwards path. Legs come together quickly, fully extended. |
| **3. Arm action**  Standing arms only  Walking arms only | Keep hands in front of shoulders, both arms at the same time, keep hands under water. Press down and out to catch and then downwards and inwards with elbow high. Hands come together and elbow tuck in. Both arms travelling forward together below the surface until fully extended. |
| **4.** **Full stroke** | Slow short swims. Repeat the teaching points above and hold glide position for 2/3 seconds. |
| 8 mins | **Contrasting Activity**  Treading water  Standing in shallow water sculling.  2 floats vertical legs only.  Noodle under arms, arms and legs working.  Near the wall try treading water. | Sculling – Press down with hands, travel in a figure of 8, Palms flat with hands staying under the water sculling out and in with short lever.  Legs – Both legs working in an alternating action. Heels to seat feet turned out and drive downwards, outwards and inwards (Egg beater kick). Keep body vertical and slow controlled movements. Try both arms and legs together. | Spaced out |
| 1 min | **Conclusion / exit**  Up steps | One at a time, follow the leader. |  |

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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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_