**Session Plan 2**

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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 & Sinking hoops | | **LTAD Level: Fundamentals** |

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| **Session Aim:** To Develop Breast Stroke |
| **Session Objectives**: **By the end of the lesson the swimmers will be able to demonstrate:** |
| 1. Both legs will work at the same time and same level. |
| 2. Both feet adopting a dorsi flexed position before starting the propulsive phase of the leg action. |
| 3. Both arms will be working at the same time staying in front of the shoulders. |

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| **Mins** | **Content i.e. Practices** | **Teaching points** | **Organisation / Equipment** |
| 2 mins  3 mins | **Entry**  **1**.Sit and swivel  **2**.Jumping In | Both hands at one side of body and placed on poolside  Roll over onto tummy and lower body into water slowly  Toes curled over edge, jump forward land on both feet. | Using  - Waves  - Staggers  - Chains  - Random spacing |
| **Warm up**  Back Crawl | Swim slowly, long body with continuous leg and arm action. |
| 15 mins | **Main Content**  **1** Full strokeBreast Stroke | Long body, head steady, smooth, slow, steady stroke. | Using  - waves  - Staggers  - Chains  - Random spacing  Last one in, first away again.  Counting to 10 and following the person/group in front. |
| **2**  Legs only 2 floats on back BS  Legs only 2 floats on front  Legs only 1 float on front | Both legs at the same time.  Start with legs together and long. Heels to seat, feet dorsi-flexed and turned out, knees hip width apart / feet slightly wider than knees.  Feet drive back following a round, in and slightly downwards path. Action accelerates with the legs coming together quickly. (whip kick) finishing with long legs and pointed toes. |
| **3.** Full stroke BS | Feet turned out and both legs working at the same level and at the same time. |
| **4**  Standing BS arms only  Walking arms only | Both arms at the same time, Keep hands in front of shoulders and under the water. Press out and down to catch, hands shoulder width apart. Arms start to bend as the hands travel backwards. Pull down and in, elbows remaining higher than hands. The hands scull together quickly. Both arms stretch forward together until straight. |
| **5.** Full stroke BS | Pull, breathe, kick, glide  Pull yourself forward and then kick yourself forward. |
| 5 mins | **Contrasting Activity**  **1.** Mushroom Float  **2.** Somersault | Face in water, body tucked,  hands holding onto legs.  Chin tucked into chest.  Eyes open and blow out.  Pull hands down and back, roll over in a tucked shape keeping chin tucked in, blow out through nose. | Random spacing |
| 2 mins | **Conclusion / exit**  Up steps | One at a time, follow the leader. | 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_