

Lesson Objective: Front Paddle

Equipment needed: Noodles for each swimmer. (Try use a range of colours, so swimmers can be set off in groups around the pool space). Armbands if used.

Warm Up (5 minutes)

Safe Entry: Practice Sit and Swivel Entry. Encourage swimmers to sit on the side, feet in the water and to roll onto their stomach prior to entering water.

GAME: Simon Says (Water Confidence)

Swimmers should be encouraged to finish this activity wet from head to toe. This can include blowing bubbles, throwing water on themselves, putting their face in the water, holding on to the side and kicking, movement around the pool space both forwards and backwards.

Main Activity (15 minutes)

Forwards Movement and Travel: For Non-Swimmers, even the movement and feeling of the resistance of the water can be challenging. Try the following:

- Walking Slow, Walking Fast, Running
- Taking Small Steps, Taking Long Steps, Hopping, Jumping
- Travelling with arms up, Travelling with shoulders under the water

Kicking (Stationary): Swimmers are sat on the side of the pool and alternating kick action is attempted. (If in a deck level pool). Swimmers can then attempt the same action from within the water, holding on to the pool edge.

Kicking with a Noodle (Body Position Practice): Swimmers are told to make a window arch with their noodle and tuck their noodle under their armpits to create a speedboat shape. Swimmers can practice moving around pool space with their speedboat to gain confidence.

GAME: Painting (Kicking with a Noodle)

Ask the swimmers what colour the water goes when they kick hard. (WHITE). From there, tell the swimmers you are a painter and need some white paint mixing. Swimmers use a variety of patterns (Circles, Width to Width, Own Choice) to move around the pool – creating your white paint.

Front Paddle Arms (Demonstration): Described to swimmers as Spoon Hands and encourage to do long paddles. Should try explaining to swimmers we do not want to use forks (fingers separated) and to imagine they are eating ice cream. You wouldn't eat ice cream with a fork.

Front Paddle (With a Noodle): Ice Cream Scoops: Swimmers move around within the own space and are encouraged to scoop flavours of ice cream. Long reaches and fingers closed together. The noodle should be pressed in towards the swimmer's armpits. To progress: ask the swimmers to 'taste' the ice-cream by blowing bubbles in the water whilst they scoop. From this, they are encouraged to tell you the flavour.

Contrast Activity (10 minutes)

GAME: Pirates

The teacher indicates a North, South, East and West of the pool space. When the teacher shouts, the swimmer must travel to the direction. Teacher can also include: **Starfish** – Swimmers try perform a float like a star, **Climbing the Ladder** – Swimmers climb out and safe entry back in and **Pirates are Coming** – where the swimmers are encouraged to hide under the water from pirates. **Pirates Under Attack** – The swimmers splash in the water. The last activity '**Walk the Plank**' can be a jump in from the pool edge Min depth of 0.9m for this.

ACTIVE Leeds School Swimming Lesson Plan 2024

Warm Up (5 minutes)

Safe Entry: Sit and Swivel

GAME: Simon Says

Main Activity (15 minutes)

Forwards Movement and Travel

Kicking (Stationary)

Kicking with a Noodle (Body Position Practice)

GAME: Painting (Kicking with a Noodle)

Front Paddle Arms (Demonstration)

Front Paddle (With a Noodle): Ice Cream Scoops

Contrast Activity (10 minutes)

GAME: Pirates

Lesson Objective: Front Paddle

Equipment needed: Noodles and Floats for each swimmer. (Try use a range of colours, so swimmers can be set off in groups around the pool space). Armbands if used.

Warm Up (5 minutes)

Safe Entry: Practice Sit and Swivel Entry. Encourage swimmers to sit on the side, feet in the water and to roll onto their stomach prior to entering water.

GAME: Simon Says (Water Confidence)

Swimmers should be encouraged to finish this activity wet from head to toe. This can include blowing bubbles, throwing water on themselves, putting their face in the water, holding on to the side and kicking, movement around the pool space both forwards and backwards.

Main Activity (15 minutes)

Kicking with a Noodle / Float (Body Position Practice): Swimmers are told to make a window arch with their noodle and tuck their noodle under their armpits to create a speedboat shape. Swimmers can practice moving around pool space with their noodle. To increase difficulty, swimmers push the noodle close to their chest and hold a float out with straight locked arms. The aims are to keep the float above the water.

Front Paddle Arms (Demonstration): Described to swimmers as Spoon Hands and encourage to do long paddles. Should try explaining to swimmers we do not want to use forks (fingers separated) and to imagine they are eating ice cream. You wouldn't eat ice cream with a fork.

Front Paddle (With or Without a Noodle): Ice Cream Scoops: Swimmers move around within the own space and are encouraged to scoop flavours of ice cream. Long reaches and fingers closed together. The noodle should be pressed in towards the swimmer's armpits. To progress: ask the swimmers to 'taste' the ice-cream by blowing bubbles in the water whilst they scoop. From this, they are encouraged to tell you the flavour.

GAME: Crocodile Snap

Swimmers are to swim around the pool area. One swimmer has an extra noodle – held like a crocodile mouth. They chase the swimmers within the area and 'snap' someone. This person then becomes the crocodile.

Front Paddle (With Breathing) AIM: 10 meters: A constant alternating leg kick without the swimmer standing up, long reaches with the arms which remain UNDER the water and the swimmer's fingers are closed together. Swimmer to be putting their face in the water and blowing bubbles (at least 3 times during attempt).

Contrast Activity (10 minutes)

GAME: Pirates

The teacher indicates a **North, South, East and West of the pool space**. When the teacher shouts, the swimmer must travel to the direction. Teacher can also include: **Starfish** – Swimmers try perform a float like a star, **Climbing the Ladder** – Swimmers climb out and safe entry back in and **Pirates are Coming** – where the swimmers are encouraged to hide under the water from pirates. **Pirates Under Attack** – The swimmers splash in the water. The last activity '**Walk the Plank**' can be a jump in from the pool edge Min depth of 0.9m for this.

Warm Up (5 minutes)

Safe Entry: Sit and Swivel

GAME: Simon Says

Main Activity (15 minutes)

Kicking with a Noodle / Float (Body Position Practice):

Front Paddle Arms (Demonstration)

Front Paddle (With or Without a Noodle): Ice Cream Scoops

GAME: Crocodile Snap

Front Paddle (With Breathing) AIM: 10 meters

Contrast Activity (10 minutes)

GAME: Pirates

Lesson Objective: Front Crawl

Equipment needed: Float for each swimmer. Armbands to be used as equipment.

Warm Up (5 minutes)

GAME: Follow the Leader.

Swimmers work as a group or split into groups of 4/5. Each swimmer takes it in turns to add a skill on to the routine. For example, Swimmer 1 = Star Float, so Swimmer 2 = Star Float and Handstand, so then Swimmer 3 must complete both skills before adding there on. The game continues until someone forgets – or the game is stopped by the teacher.

Frontcrawl Kick (With and Without Float): Swimmers practice their kick in a streamlined long floating position. Swimmers also have a go at this with a float. The distances can range between 10m and 25m without a rest for this. This activity should be repeated 4 x through.

Main Activity (15 minutes)

Frontcrawl Kick with Breathing (With Armbands): Swimmers hold an armband in each hand and stretch out onto a 'superman' shape. One arm out in front, one arm resting down by the swimmer's side. The swimmer is introduced to breathing towards the side, by rolling and resting their head on the arm up by their ear. This activity is repeated 4 x through. 2 x through for each arm. This can be performed over a 10-25m period and some swimmers may tire easily.

GAME: Golden Coins

Swimmers travel around the pool space with their floats, keeping them on top of the water and using frontcrawl kicking. The teacher will have thrown numerous 'coins' aka armbands into the water for the swimmers to collect. These must be collected one at a time and be placed back in the 'safe zone' before retrieving another coin. This can be done in teams or on an individual basis. The winner is the one with the most coins retrieved.

Frontcrawl Kick – Introducing Arms: Using a float, practice single arm (down to the floor, up to the roof in a circular motion). The swimmer should be encouraged to take their breathe to the side as their hand is in the underwater phase of the stroke. Once the swimmer is confident with this, they can be encouraged to try 2 arm cycles (one left, one right) before having a breath. From here, the swimmer can practice 3 stroke breathing. IMPORTANT: the swimmer should be breathing to the side on Frontcrawl. Keeping their ear low and their eyes sideways.

Frontcrawl Stroke: Swimmers encouraged to now attempt the above pattern, but without the float for support. Encouraging a constant leg kick, breathing to the side and 2 or 3 arms before the swimmers takes their breathe.

Contrast Activity (10 minutes)

Push and Glides: Swimmers spread out on the wall. Starting position of one arm holding the wall and one arm resting on the surface of the water, swimmers aim to reach a stretched streamline position and hold for 3 seconds. Try including dolphin kicking whilst underwater.

GAME: Obstacle Course

The contents of the obstacle course can be decided by swimmers or teachers, dependant on available equipment too. There should be 4-5 activities set around the pool space. They can include: Sinkers, Jumps, Hoops, Handstands, Somersaults, Sculling.

Warm Up (5 minutes)

GAME: Follow the Leader.

Frontcrawl Kick (With and Without Float)

Main Activity (15 minutes)

Frontcrawl Kick with Breathing (With Armbands)

GAME: Golden Coins

Frontcrawl Kick – Introducing Arms

Contrast Activity (10 minutes)

Push and Glides- to include dolphin kicking.

GAME: Obstacle Course

Lesson Objective: Front Crawl / Backstroke

Equipment needed: Float for each swimmer.

Warm Up (5 minutes)

GAME: Follow the Leader.

Swimmers work as a group or split into groups of 4/5. Each swimmer takes it in turns to add a skill on to the routine. For example, Swimmer 1 = Star Float, so Swimmer 2 = Star Float and Handstand, so then Swimmer 3 must complete both skills before adding there on. The game continues until someone forgets – or the game is stopped by the teacher.

Warm Up: 200m (8 lengths) as 50m Frontcrawl (2), 50m Backstroke (2), 50m Breaststroke (2) and 50m Own Choice (2). Strokes can be repeated for the own choice.

Main Activity (15 minutes)

GAME: Circuits – The Main Activity is to be swam in a circuit formation. E.g. around the edges of the pool space. One circuit is from starting point, back to starting point.

Frontcrawl / Backstroke Kick (With and Without Float): ONE CIRCUIT OF EACH

Swimmers practice their kick in a streamlined long floating position. Swimmers also have a go at this with a float. Aiming for 2 x 25m of each: Frontcrawl Kick with float, Frontcrawl Kick in streamline, Backstroke Kick with float, Backstroke Kick in streamline.

Backstroke Arms: ONE CIRCUIT OF EACH ACTIVITY

- With a float held over the knees, swimmers do single arm backstroke
- With float held over knees, swimmers do backstroke arms

Aim: thumb leaves water first; little fingers enters water first. The arm should be straight when out the water.

Frontcrawl Breathing and Arms: ONE CIRCUIT OF EACH ACTIVITY

- Side breathing with Float, at halfway point: Single arm with float, breathing to side
- 2 or 3 arm strokes with a float, breathe to side. Only aim for 3 if swimmer can comfortably attempt 2.

Frontcrawl and Backstroke Full Stroke: TWO CIRCUITS as Half a Circuit Frontcrawl, Half a Circuit Backstroke x2

Swimmers encouraged to now attempt the above pattern, but without the float for support. Encouraging a constant leg kick, breathing to the side and 2 or 3 arms before the swimmers takes their breathe.

GAME: Frontcrawl / Backstroke Races: Lead by the teacher. Can be done in waves or relay formation.

Contrast Activity (10 minutes)

Push and Glides: Swimmers spread out on the wall. Starting position of one arm holding the wall and one arm resting on the surface of the water, swimmers aim to reach a stretched streamline position and hold for 3 seconds. To be completed front and back, including underwater dolphin kicks if known to swimmers.

GAME: Water polo

In pairs or threes, treading water and catching the ball. Then catching the ball one handed. Also, swimming head up front crawl with the ball. Small water polo matches could be played if enough swimmers.

Warm Up (5 minutes)

GAME: Follow the Leader.

Warm Up: 200m as: (8 lengths)

50m Frontcrawl (2 lengths)
50m Backstroke (2 lengths),
50m Breaststroke (2 lengths)
50m Own Choice (2 lengths)

Main Activity (15 minutes)

GAME: Circuits

Frontcrawl / Backstroke Kick (With and Without Float): ONE CIRCUIT OF EACH

2 x 25m Frontcrawl Kick

2 x 25m Backstroke Kick

1 x 25m with a Float, 1 x 25m without a float – for each.

Backstroke Arms: ONE CIRCUIT OF EACH ACTIVITY

- With a float held over the knees, swimmers do single arm backstroke
- With float held over knees, swimmers do backstroke arms

Frontcrawl Breathing and Arms: ONE CIRCUIT OF EACH ACTIVITY

- Side breathing with Float, at halfway point: Single arm with float, breathing to side
- 2 or 3 arm strokes with a float, breathe to side. Only aim for 3 if swimmer can comfortably attempt 2.

Frontcrawl and Backstroke Full Stroke: TWO CIRCUITS as Half a Circuit Frontcrawl, Half a Circuit Backstroke x2

GAME: Frontcrawl / Backstroke Races

Contrast Activity (10 minutes)

Push and Glides

GAME: Water polo