
EXCELLENCE IN SPORTS COACHING
PRO
SPORT COACHING
SINCE 2006
Key Stage 1
ELITE
Swimming

Learning Objectives

The focus with Key Stage 1 should be to build their confidence in the pool and get them moving through the water. Lessons may be adapted to the skills and confidence of the children.

The key learning objectives are:

- Enter and exit the water safely
- Push and glide on front
- Put their face in the water
- Be able to blow bubbles in the water
- Building confidence in the water
- Swim 5m through the water with or without floating aids

Lesson 1

Introduction

Teaching Practices	Teaching Points
Enter water safely, blowing bubbles, pretend to wash face, encourage children to get their face wet.	Pool rules, climbing the ladders safely.

Main Theme

Teaching Practices	Teaching Points
Gaining confidence and moving through the water.	Using floating aids, encourage children to kick with straight legs.

Contrast

Teaching Practices	Teaching Points
Simon says game.	

Lesson 2

Introduction

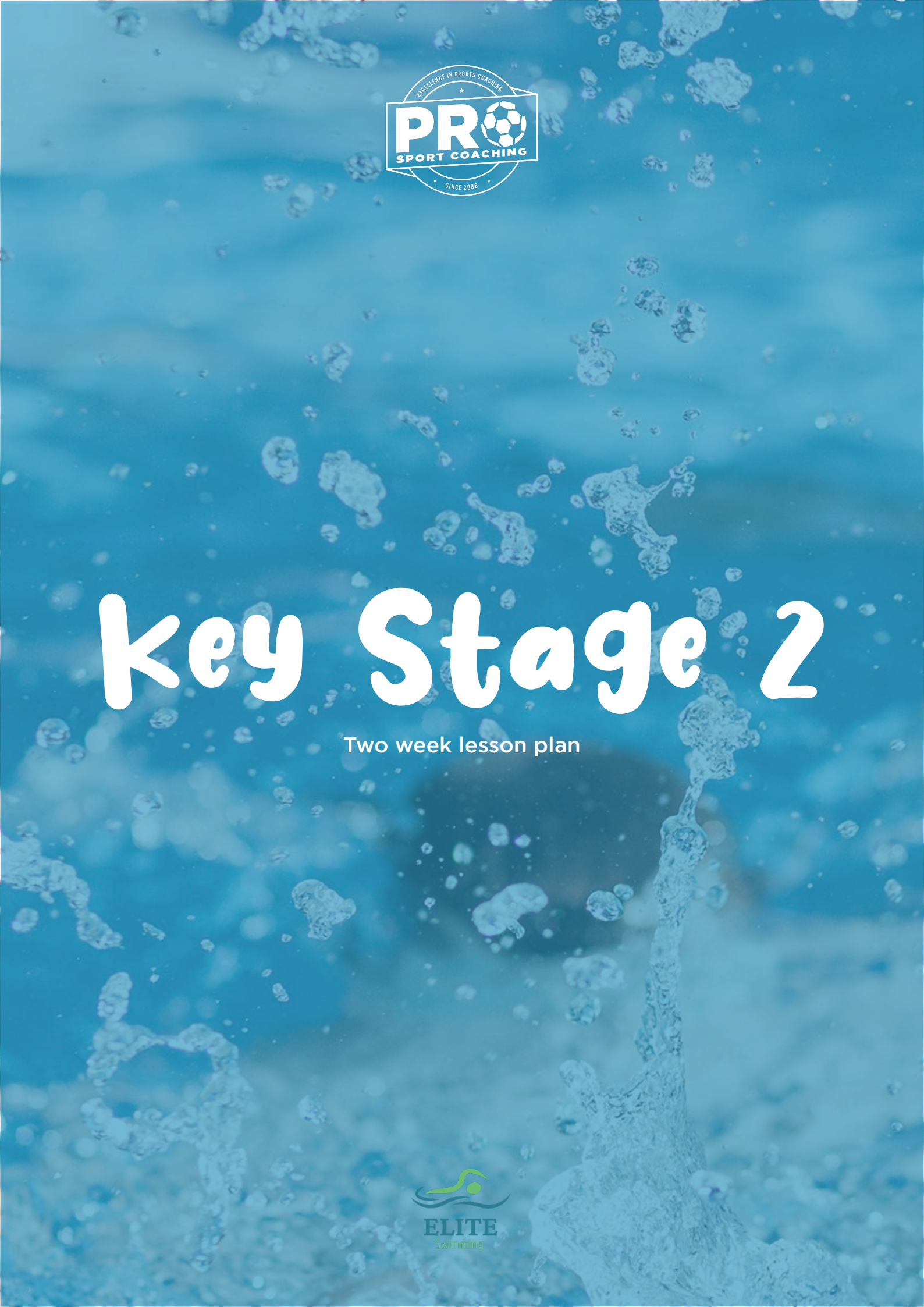
Teaching Practices	Teaching Points
Enter water safely, perform a push and glide forwards.	One hand on the wall, one hand in front. Push off the wall whilst 'snapping' hands together.

Main Theme

Teaching Practices	Teaching Points
Introducing front paddle with arms.	Reach & pull arms, mainly focus on building children's confidence being in the pool.

Contrast

Teaching Practices	Teaching Points
Starfloats on front & back.	



Key Stage 2

Two week lesson plan

Week 1

WEEK 1

Lesson 1

Introduction: Floating

Teaching Practices	Teaching Points
Pool rules. Float front & back with noodles. 1 length warm up.	Enter water safely. Attempt star float. Arm and legs extended straight. Front paddle or front crawl depending on ability.

Main Theme: Assessment Day

Teaching Practices	Teaching Points
Assess all children's ability and distance swam without aids.	Move children into better suited groups if needed.

Contrast

Teaching Practices	Teaching Points
Assessing distances will likely take up most of the lesson time.	

WEEK 1

Lesson 2

Introduction: Safety & Float

Teaching Practices	Teaching Points
Pool rules. Float front & back with or without noodles. One lap warm up on front.	 When floating on front, encourage children to blow bubbles and put their faces in the water. Front paddle or front crawl depending on ability.

Main Theme: Kick technique & breathing technique

Teaching Practices	Teaching Points
Focus lesson on correct kick technique. If using: Woggle - pull noodle out in front of them still keeping it under their arms, so they have a 'boat'. Kickboard - hold board either side at the top, straight arms no bend in elbow, faces in blowing bubbles.	Keep legs straight. Point / curl toes. Kick alternate legs up & down. Blowing bubbles. Getting whole face wet.

Contrast: Push & Glide

Teaching Practices	Teaching Points
Push & glide on front from the wall.	Correct starting position - one hand on the wall, one hand straight in front, both feet on the wall. Push off from the wall, snap your hands together with your face in the water.

WEEK 1

Lesson 3

Introduction: Push & Glide

Teaching Practices	Teaching Points
Re cap pool rules. Float front & back with noodles. Push & glides on front (with or without noodles depending on ability).	Enter water safely. Correct starting position - one hand on the wall, one hand straight in front, both feet on the wall. Push off from the wall, snap your hands together with your face in the water.

Main Theme: Introducing arms (front crawl/paddle)

Teaching Practices	Teaching Points
Begin with a few lengths kicking only. Introduce arms.	Using floating aids if necessary: With woggle - Reach & pull arms, blowing bubbles. Extend arms and pull back. With kickboard - Single arm work first, face in the water. Both arms simultaneously with focus on breathing.

Contrast: Log rolls

Teaching Practices	Teaching Points
Demonstrate a log roll from front to back.	Keeping a streamlined position, rotate from front paddle/crawl to back paddle.

Lesson 4

Introduction: Floating & push and glide

Teaching Practices	Teaching Points
Re cap pool rules. Float front & back with noodles. Push & glide on front, introduce back (with or without noodles depending on ability).	Enter water safely & wait for instructions. Flat body position, ears in the water, eyes to the ceiling. Extend arms and legs out.

Main Theme: Reassess distances

Teaching Practices	Teaching Points
Reassess distances swam.	Move children into better suited groups, if needed.

Contrast: Submerge

Teaching Practices	Teaching Points
Submerge under water and retrieve diving sticks.	Blow bubbles and focus on controlling breathing.

WEEK 1

Lesson 5

Introduction: Floating

Teaching Practices	Teaching Points
Float front & back.	Use floating aids if needed. Flat body position, ears in the water, eyes to the ceiling. Extend arms and legs out.
Push & glides.	On front & back, using floating aids if needed.

Main Theme: Kicking on front & building stamina

Teaching Practices	Teaching Points
Rocket kicks with face in the water - to improve breathing.	Straight arms, no bend in elbows.
Demonstrate front crawl/paddle.	Long legs and floppy feet also extend arms and pull back.
Breakdown front paddle kick with kickboard.	Extend arms with kickboard and kick with straight legs and floppy feet. Face in the water blowing bubbles.
Push and glide into front paddle. Full stroke.	One hand on the wall one hand in front, push feet away from the wall with arms extended in front and go into the front crawl/front paddle.

Contrast: Submerging

Teaching Practices	Teaching Points
Sink push & glide to retrieve a diving stick. Two water safety questions before exiting the pool.	Sink, push off from the wall and retrieve a diving stick.

Week 2

WEEK 2

Lesson 1

Introduction: Streamline

Teaching Practices	Teaching Points
Rocket Kicks.	Straight arms. No bend in elbow. Face in the water. Arms over head not at side.

Main Theme: Introducing back paddle

Teaching Practices	Teaching Points
Begin with a back float. Back push & glide. Back paddle. Attempt unaided back paddle if aids have been used.	Ears in the water, tummy up, flat body position. Starting with two hands on the wall, head back, ears in the water. Slowly let go of the wall, push tummy up, place arms by sides (pencil shape). Set off with push & glide, long legs, floppy feet, pointy toes, eyes look up at ceiling. Teacher to hold the back of the students neck with both hands for support if wanted.

Contrast: Relay Race

Teaching Practices	Teaching Points
Split the group into two teams.	Each swimmer must ‘tag’ the next before setting off.

WEEK 2

Lesson 2

Introduction: Streamline

Teaching Practices	Teaching Points
Rocket kicks front & back.	Straight arms. No bend in elbow. Face in the water. Arms over head not at side, on front. Arms behind head on back.

Main Theme: Backstroke arms

Teaching Practices	Teaching Points
Demonstrate full back stroke. Breakdown stroke. Back paddle kick. Using the kickboard begin with single arm movements. Practise full stroke.	Set off with push & glide, long legs, floppy feet, pointy toes, eyes look up at ceiling. One arm holding board across chest, Little finger enters the water first, arm is straight. When the arm is shoulder level the elbow bends, arm pulls sideways and body rolls. Aim for flat body position - arm and leg action is continuous.

Contrast

Teaching Practices	Teaching Points

WEEK 2

Lesson 3

Introduction: Submerge

Teaching Practices	Teaching Points
Recap on pool rules, to include 2 water safety questions. Sink push and glides to retrieve a sinker.	 Blow bubbles and focus on controlling breathing.

Main Theme: Reassess distances

Teaching Practices	Teaching Points
Reassess distances swam on front and back.	

Contrast: Safety

Teaching Practices	Teaching Points
Sculling hand action. Attempt to move forward whilst sculling. Ensure children know to bring spare clothes or pyjamas for the water safety lesson.	Place arms directly out in front of you, elbows slightly bent. Start moving hands in a figure of eight motion. Tilt forearms and palms backwards towards your body and start propelling yourself forward.

WEEK 2

Lesson 4

Introduction: Floating

Teaching Practices	Teaching Points
Unaided floating on front and back.	Flat body position. Controlled breathing.

Main Theme: Water safety

Teaching Practices	Teaching Points
Treading water.	Start with hand sculling action whilst stood. Legs: Kick both legs outward and then back to centre in a circle motion. Some children may already know frog leg action. If children are finding it difficult, allow them to use a woggle or hold onto the side. Ask children to shout for help whilst treading water, with one hand in the air.
Float on back and roll onto front.	Holding the position on front from 30 seconds to 1-2 minutes depending on ability.

Contrast: Safety

Teaching Practices	Teaching Points
Inform children about cold water shock syndrome.	Cold water can cause a sudden spike in heart rate and blood pressure. This increase can cause heart failure or a stroke for vulnerable people. Cold shock can cause an immediate panic, fear or stress reaction that then impairs clear thinking and decision making.
The procedure they should follow if they see someone in danger.	Stress the importance of not entering the water if another person is struggling or drowning, they must ring emergency services.

Lesson 5

Introduction: Recap of water safety lessons

Teaching Practices	Teaching Points
Encourage children to ask any questions they have.	

Main Theme: Final assessments

Teaching Practices	Teaching Points
Reassess distances swam on front and back.	

Contrast: Freetime

Teaching Practices	Teaching Points
Children to have fun session in the pool.	Ensure they are aware: Not to throw the sinkers, place them in the water. No contact, not allowed to push or shove anybody in the water