


Lesson no. 2	Subject: Swimming	Lesson description: Front Crawl	Year: 8	Group:	Ability:	Day:	Period:	Duration:	
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Objectives: To comprehend and grasp the importance of timing within the stroke. To be able to confidently perform with accuracy, the correct kicking and pull techniques that is correctly timed. To be able to create more propulsion from the kicks and pulls when performing the stroke.

Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity and Resilience	Maths / English / Science / Cross Curricular	Link to Theoretical PE Aspects
Student Warm Up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Ask students how they could make warm up easy / harder / intense	Observe pupils performances <input type="checkbox"/> Use warm up cards with key phrases Q & A on benefits of warming up	R+ Students develop his or her own routines.	Science: Light waves Objectives: Comment on the transmission of light through materials: absorption, diffuse scattering and specular reflection at a surface Student expectations: I can explain how light moves through materials.	Cardio-respiratory system Students review the cardiac cycle, students must understand the order of the cardiac cycle; deoxygenated blood into the right atrium from the vena cava, into the right ventricle through the tricuspid valve, the blood is then moved through to the pulmonary artery via the pulmonary valve to the lungs which oxygenates the blood (gas exchange), pulmonary veins bring the newly oxygenated blood back to the left atrium, into the left ventricle through the mitral valve, blood is ejected through the aortic valve to the aorta which transports the blood to the rest of the body.
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To be able to demonstrate stretches relevant to Swimming	- Hold stretches for 8 seconds. - No bouncing.	↑ Get pupils to incorporate stretching with Objects used in the lesson	Q & A on benefits of stretching		Maths: Increase or decrease by a percentage Objectives: To be able to calculate a percentage increase or decrease Student expectations: I can use non-calculator methods i.e. I can find 10%, 5%	Students should also understand that the filling of a chamber in the heart is diastole and the ejection of blood from a chamber is systole.
Front Crawl	Pupils practice arm pulls with kick board in between legs to increase propulsion	To comprehend and grasp the importance of timing within the stroke To be able to confidently perform with accuracy, the correct kicking and pull techniques that are correctly timed To be able to evaluate their own performances and create drills and practices to improve their Front Crawl technique To be able to confidently perform with accuracy, the Front Crawl To improve performance and gain ascendancy of the speed and strength of the arm pull and leg kick	Leg Action Fast and relaxed Toes pointed Narrow Kick from hips with slightly bent knee on down and straight leg on way up Arm Action - lift elbow - allow hand to trail - bend elbow at 90 degrees - fingers should touch water before elbow - keep face down and exhale -hand enters water - continue rhythm Breathing - pull with your non breathing arm, - exhale - inhale on the last half of the pull of breathing arm with high elbow - Alternate side of breathing accurately to three arm pulls	↑ Increase pace and power in stroke ↑ Increase distances ↑ Time and record performances ↓ Decrease distances ↓ Increase the distance ↑ Decrease the distance	- Peer evaluation of stroke Analyse strength and weaknesses in performances <input checked="" type="checkbox"/> Pupils analyse tactics and strategies used when using this stroke Q&A: How can a competitor get quicker	R+ Identify those that are determined and focused R+ How are the students motivated to succeed ✍ Pupils devise strategies and skills to improve Front Crawl performance ✍ Pupils discuss how to gain an advantage over competitors through the glides, push offs and turns ✍ Pupils develop, adapt and refine skills, strategies and tactics used in this section ✍ Refine gliding skills ✍ Refine skills to help glide, propulsion and speed ✍ Pupils explore ways of improving speed and efficiency when crawling 🗨 Discuss and listen to strategies that are used to beat opponents using this stroke	English: Oral Communication including speaking and listening skills when leading / coaching	Students are introduced to the function of the valves; close to stop backflow of the blood and open due to the pressure of blood flow.
	Pupils accurately replicate and perform Front – crawl for 25 metres - Time these performances			↑ Accurately replicate and perform at speed	<input checked="" type="checkbox"/> Evaluate performances of outwitting opponents using this stroke	R+ What mindset do they have when losing? How can they improve this? How can they overcome barriers?	Objectives: To be able to use the speaking and listening when coaching a sessions.	
	Pupils accurately replicate and perform 2 / 4 and 8 lengths - Time per.				<input checked="" type="checkbox"/> Evaluate performances of outwitting opponents when using this stroke		Student expectations: To be able to give a 30 seconds speaking and listening task on their favourite swimming leader / coach To be knowledgeable, understand and be able to use the correct terminology	
Pupils start to work on timing of pulls and kicks				↔ Pupils race against those of equal ability ↓ Decrease distances			Skills: Speaking, Listening, Communicating	
Competition	- Group relay Of 200m and 400m using Front Crawl ONLY	To be able to create more propulsion from the kicks and pulls when performing the stroke						
Leadership & Coaching	In pairs, observe partner Race and give teaching points, coaching advice and advice	To know how to accurate replication the actions, phrases and sequences of Front crawl styles to help others	Give teaching points, coaching advice and assessment correctly and clearly	↑ Pupils evaluate and identify variations in pace, speed, kick techniques, pulls, glides, starts and techniques used within the race	◇ Students state, the strength and weakness in their strokes, pulls, kicks, glides etc	R+ How are the students motivated to succeed		
Officiating	Officiate the front crawl event	To be able to officiate the event correctly using the correct signals, comments and techniques	Use correct commands Use correct method of recording timings Use the correct signals To make sure all areas are safe	Focus on the rules regarding starting, gliding, propulsion, breathing and laws that govern the Front Crawl event	🗨 Assess what skills need to improve when swimming competitively	R+ How can show respect for others? (especially the officials)		
Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise	- listen to and follow instructions of those leading the cool down	↑ Ask pupils questions why a Cool down is essential after exercise	Ask students for feedback about their performances <input type="checkbox"/> Use cool down cards with key phrases	R+ Improve behaviours, thoughts and actions		

Active lifestyle & Social Guidance	Highlight the pathway to be an elite performer in Swimming
Equipment	Arm bands / floats, Kickboards, Buoyancy body suits, Whiteboard, Pens, Stopwatch, Whistle, TV & Video, Video player, Remote controller, Digital Camera, Peer evaluation Sheets
Healthy Lifestyles and well being	State why being hydrated is paramount for optimum performance