

	Subject: <b>Swimming</b> Accurate Replication	Year:	Group:	Total No.:	M:	F:
	Lesson: <b>Basic Front Crawl</b>	Ability:	Period:	SEN:		
	NCPE Location: 1.1a; 1.1b; 1.1c; 1.2c; 1.2d; 1.3a; 1.3b, 2.1a; 2.1b; 2.2c; 2.2 a; 2.2b; 2.2c; 2.2d;2.3a; 2.3b; 2.4a; 2.4b; 2.4c; 2.4d; 3.b; 3.c; 3.d; 4a; 4b; 4c; 4d; 4e; 4f; 4g	Duration:	w/c			

**Objectives:** To know, understand and replicate and understand the benefits of using more strength and speed when accurately replicating the kicks and pulls to assist propulsion. To use the correct timing when accurately replicating the leg kick and arm pull. To know, understand and replicate and understand how to glide when accurately replicating the front crawl technique

<b>Key Aspect of Transfers of Skills and Analysis</b>	Throughout every aspect of this sessions: <ul style="list-style-type: none"> <li>- Discuss and analyse the different skills, phases, actions and techniques found in Athletic, Dance and Gymnastic activities that can be accurately replicated</li> <li>- Identify the similarities and the teaching points found in each of these skills, movement phases, actions and techniques</li> <li>- Get the students to transfer and accurately replicate the techniques, skills, movements, actions and phases through numerous aspects, techniques and skills</li> </ul>
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Activity	Description	Objectives	Teaching Points	Evaluation / Accurate replication	Differentiation and Creativity
<b>Student Warm Up</b>	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	Observe pupils accurate replication <b>Q &amp; A</b> on benefits of warming up	🕒 Ask students how they could make warm up easy / harder / intense
<b>Student Stretches</b>	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to Swimming	- Hold stretches for 8 seconds. - No bouncing.	<b>Q &amp; A</b> on benefits of stretching	📈 Get pupils to incorporate stretching with Objects used in the lesson
<b>Basic Front Crawl</b>	- With kick board pupils accurately replicate one arm practice arm pull across pool. Swap arm.	To know, understand and replicate and understand the different techniques used in the Front – Crawl technique To be able to accurately replicate the correct leg kick and arm pull	<u>Leg Action</u> Fast and relaxed Toes pointed Narrow Kick from hips with slightly bent knee on down and straight leg on way up <u>Arm Action</u> - 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 <u>Breathing</u> - pull with your non breathing arm, - exhale	Listen to comments about actions	📈 Remove kickboard
	- Two arm pulls from push off	To be able to accurately replicate the Front Crawl technique To use the correct timing when accurately replicating leg kick and arm pull		Peer evaluation of Strokes	📈 Four / Numerous arm pulls 📄 - Pupils work with whiteboard to highlights tactics, strength, weaknesses and strategies to overcome opponents
	- With float between legs pupils use arms only to swim back – crawl for a width	To know, understand and replicate and understand how to glide when accurately replicating the front crawl technique		<b>Q &amp; A</b> : Are they accurately replicating the skill and stroke with power, propulsion, glide, precision, accurate replication and at speed	
	- Pupils swim a width using front crawl ONLY	To be able to accurately replicate the glide To be able to Swim 25m To know, understand and replicate		- Discuss the skills used to gain	
	- Pupils accurately replicate Front – crawl for 25 metres				

	-Pupils accurately replicate 2 lengths - Time accurate replication - Peer evaluation of stroke & video accurate replication	and understand how the different events are measured and time in a competition To know, understand and replicate and understand the benefits of using more strength and speed when accurately replicating the kicks and pulls to assist propulsion	- inhale on the last half of the pull of breathing arm with high elbow - Alternate side of breathing accurately to three arm pulls	ascendancy using this stroke <b>Q &amp; A</b> : Are they accurately replicating the skill and techniques at speed <b>Q &amp; A</b> : How are they outwitting their opponents	- Discuss the skills used to beat / outwit an opponent using this stroke - Discuss the skills used to gain ascendancy using this stroke - Discuss the tactics used to outwit - using this stroke
<b>Cool Down</b>	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 - complete exercises and stretches	Ask students for feedback about their accurate replication	⬆️ Ask pupils questions why a Cool down is essential after exercise
<b>Informed Choices and Lifestyle</b>	Discuss all the different career pathways in Swimming				
<b>Equipment</b>	Arm bands / floats, Kickboards, Buoyancy body suits, Whiteboard, Pens, Stopwatch, Whistle, TV & Video, Video player, Remote controller, Digital Camera, Peer evaluation Sheets, Flippers, Snorkels and Masks				

ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning		
Analysis of per.	Evaluation	Feedback	Q & A	Mathematics	Art	English	Science	Technology

**Comments / Notes:**

**HEALTH AND SAFETY THROUGHOUT THIS LESSON**

**PLEASE FAMILIARISE AND SEE RISK ASSESSMENT AND HEALTH AND SAFETY POLICIES WITHIN THE SCHEMES AND AT THE END OF EACH YEAR OF LESSON PLANS**

**ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT**