

# LESSON PLAN: **SWIMMING**: INTERMEDIATE: WEEK 2

**LESSON OBJECTIVE:** To further develop breathing time in the front crawl.

## **WARM UP (10 MINS)**

Pupils to play follow the leader around the pool, girls follow girls and boys follow boys. Then pupils have to see who can hold their breath the longest under the water.

## **MAIN LESSON (20 MINS)**

Pupils to practise the front crawl by swimming widths with the correct breathing technique.

Teacher to explain how to breathe every other stroke:

- Starting with the right arm up
- Head tilted to the right
- Breathe in

Pupils have to complete 3 full strokes and then breathe again with the right arm up, '1,2,3,4 strokes then breathe' '1,2,3,4 strokes then breathe' this is known as unilateral breathing (one side only). Make sure the head stays in the water and rotates to the side to take a breath.

**Develop:** Show pupils how to breathe bilaterally: breathing from the right and left side of the body.

## **GAME/COMPETITION (15 MINS)**

Teacher is to watch swimmers and give them feedback and score them on how well they are breathing. In groups they have to watch each other and give a score on how well they are breathing. Ask the class to watch the top 3 students demonstrate, points are awarded for using the different styles of breathing.

## **EQUIPMENT**

- Floats
- Clip boards for scores

## **KEYWORDS**

- 1,2,3,4 breath
- Unilateral breathing
- Bilateral breathing
- Rotate

## **DIFFERENTIATION**

### **LESS ABLE**

- To use a float around the hips to get a better body position.
- Practice breathing when using the float.
- Practice out of the water.

### **MORE ABLE**

- No floats and width/length swimming.
- Can they just use arms and no legs?
- Can they complete bi-lateral breathing?  
(Breathing from both sides)



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the front crawl stroke with unilateral breathing to a high ability?
	5	Can they perform the front crawl stroke with unilateral breathing with a certain degree of control?
	4	Can they perform the front crawl stroke, whilst trying to breathe correctly, with very little control?
Tactics, Rules & Teamwork	6	Works with their partner & demonstrates knowledge & understanding of the task.
	5	Can work with a partner & understands the directions.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: good timing using the unilateral breathing technique with the front crawl stroke?
	5	Can they show and link: breathing with the front crawl stroke?
	4	Show the front crawl stroke with an attempt to breathe correctly.
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.