

Welcome to your pre-swimming classroom lesson



Team Building Activity: In a Spin

PART A - In groups of 3

- ▶ One person is blindfolded and spun around **slowly** 5 times on a spot
- ▶ They have to walk to the other spot (ensure no dangerous obstacles are close to them)
- ▶ They have to be directed by the other 2 people in the group
- ▶ They are allowed to use their voices to guide them.



Team Building Activity: In a Spin

PART B

- ▶ This time the group must not use their voices (work out a code with your group before starting this next part) e.g. turn left= 1 clap, turn right= 2 claps, walk forwards= whistle;
- ▶ To make it harder they have to avoid an object in the middle (such as a small cone or spot), if they hit it they have to start again.



Why is it important to learn to swim?

Work in groups to discuss your answers

- ▶ Avoid drowning.
- ▶ To enjoy swimming.
- ▶ To be able to take part in other water sports.
- ▶ Improves muscle strength & flexibility.
- ▶ Helps relax the mind, lifts your spirits.
- ▶ Keeps your heart and lungs healthy.
- ▶ Grows your confidence.
- ▶ Swimming provides challenges and rewards accomplishments.
- ▶ Opportunities to make friends.
- ▶ If you can swim, you could be able to save others.



What activities can you do once you are able to swim?



Can you play GAMES in the water?

What playground games could you play in the water?

Work in small groups to think of your favourite games and how you could play them in the water.

Could you play the BEAN GAME in the pool?

How many different types of beans can you think of and how could they be played in the pool?

BEANS:

Baked

Chilli

String

Jelly

Runner

Frozen

French

Broad

Beans on Toast

Microwaved

Jumping

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=CJQ-KLVPOBS&SAFE=ACTIVE](https://www.youtube.com/watch?v=CJQ-KLVPOBS&SAFE=ACTIVE)

How will everyone be able to take part?



Ellie Simmonds OBE GB Paralympian

<https://www.youtube.com/watch?v=DX6yp7EVIVA&safe=active>
Para Club Swimming –Swim England

<https://www.youtube.com/watch?v=9pD9h0X4REo&safe=active>
London 2012 Paralympic Swimming Highlights

Do you know who this is?

'I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it.'

Michael Phelps (American Swimmer)

22 Olympic **GOLD** Medals

Has collected 86 Medals in his career!!!



Don't take our word for it, watch how quick he is in this video....

<https://www.youtube.com/watch?v=uRM0yT5k0C4&safe=active>

What will you need to bring to the pool?

▶ Swimming clothes

These may include:

- ▶ One-piece swimsuit, Burkini swimming costume, Tankini, Skirted swimsuit, Swim shorts, Trunks, Swim briefs
- ▶ Fitted t-shirt or leggings under swimwear
- ▶ Wetsuit style or fitted swimming t-shirt
- ▶ 3/4 length swim shorts in thin nylon material
- ▶ Swim or board shorts
- ▶ Leggings with or without shorts

No loose or heavy clothing such as tracksuit bottoms, jeans, baggy t-shirts or trousers



- ▶ Towel
- ▶ Swim Cap/Hat
- ▶ Swimming Goggles (only if you have them)



Word search

BACKSTROKE
BREASTSTROKE
BUTTERFLY
DEEP
FLOAT
FREESTYLE
FUN
GOGGLES
HAT
INSTRUCTOR
LESSON
MSSP
NOODLES
POOL
SHALLOW
TOWEL
WATERPOLO

L E S S O N Q W S Q C U H E B R I E Y P
G I N S T R U C T O R N K P U E L K O G
W N N Y E O K J C I S O F O T T C O I W
J A Q T K L L O G R R R V J T A M R Y G
U M T Q N F D Y C T U T F T E O T T K Y
X M T E V S T O S A S C W L R L Q S F E
P G H I R H T K O E Q P P V F F M T Y V
K J X M M P C B T N P E E D L T P S H X
O M S S Z A O S G A R Y T Q Y F O A U O
W S R S B Z G L R J L V N O R P O E W T
P H T H B X P T O S F G J E W H L R E G
W W O A B A L T U W B M E F F E Y B Z W
Y Q N S E L G G O G Q S W O R F L N Z V
D H O U S N P L J V T A X E H K S U B Y
K Z W D J P L Q B Y B L R M L Q J F T W
E P W L T A C C L T T U I R Q V M N I C
S T Z I H S Y E E V A J W W T Y L M U D
B L Z S T V O S L J F H C R W G N B E N
N T E M W I T B V V K T T X T G A K V S
X C T Y D U W L I K T U U T R G S B N T

Circle of Trust

- ▶ Give yourselves a minute to think of any good/bad thoughts or worries you may have about your swimming lessons that will start soon.
- ▶ Going round the circle please take turns to tell the group your thoughts.
- ▶ You may wish to discuss and help answer any doubts your classmates are having.
- ▶ Discuss as a group why it is important to talk to others about any worries we may have about swimming or other anything else.

Where you will be swimming..... watch carefully and take some notes

Leisure Centre Walkthroughs – play clip

https://youtu.be/Ij5A95KQ_68

What to expect from top-up swimming lessons – Play Clip

<https://youtu.be/4a4bDKUJeFg>

Quiz Questions

- 1. Can you name the 4 strokes used in swimming?** (4 answers = 4 points available)
- 2. What do the swim teachers do on the first lesson before getting you in groups?**
- 3. Who is the famous American swimmer you saw at the beginning? For an extra point, how many GOLD medals did he win?**
- 4. Name one thing that might happen during a lesson?**
- 5. Do you walk, run or skip when not in the pool?**
- 6. What should you do when you first enter the pool?**
- 7. What equipment/swimming aids can you use to help you learn to swim?** (4 answers = 4 points available)
- 8. What should you do before entering a changing room?**
- 9. How does a lesson finish?**
- 10. Who is responsible for your actions in the pool?**

Please swap your sheet with somebody else.

Quiz Answers

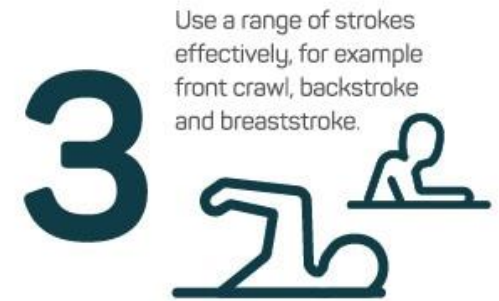
1. Breaststroke, backstroke, butterfly & front-crawl.
2. The swim teachers will assess you before they put you into groups.
3. Micheal Phelps (Bonus Point – 22 GOLD Medals.
4. Warm up OR Main Activity OR a warm-down
5. Always walk in and out of the pool.
6. Walk down the steps and keep to the edges as you move round the sides.
7. Floats, armbands, rings & noodles.
8. Wait for your adult/teacher to check it is safe before entering.
9. Bring all equipment to the side, walk up the stairs and line-up by the doors.
10. Yourself!

Happy swimming!



Info for Teachers

The government has recognised the importance of teaching our young people swimming and water safety by including it in the [national curriculum](#). The **three key outcomes** within the physical education curriculum all children are expected to achieve by the end of year six are:



<https://www.swimming.org/schools/>

<https://www.swimming.org/schools/resource-pack/>

<https://www.swimming.org/schools/school-swimming-water-safety-charter/>

BETTER SCHOOL SWIMMING LEVELS

KS2 Swimming Outcomes	Red Water Safe	Amber Water Confident	Green Water Proofed	Blue Water Smart
Outcome 1 Distance Swimming	1.1 Swim unaided for 5-10m using recognised arm & leg actions; competently, confidently & consistently	1.2 Swim unaided for 15-20m using recognised arm & leg movements; competently, confidently & consistently	1.3 Swim unaided for 25m (or more) using recognised arm & leg movements; competently, confidently & consistently	1.4 Swim unaided for 50m (or more) using recognised arm & leg movements; competently, confidently & consistently
Outcome 2 Stroke Development	2.1 Swim for 5m on 3 of the following strokes (with buoyancy aids):	2.2 Swim for 5m on 3 of the following strokes (without buoyancy aids):	2.3 Swim for 10m on 3 of the following strokes:	2.4 Swim for 25m on 3 of the following strokes:
	a. Front paddle	a. Front paddle	a. Front paddle/ Crawl	a. Front Crawl
	b. Back paddle	b. Back paddle	b. Backstroke	b. Backstroke
	c. Basic breaststroke	c. Basic breaststroke	c. Breaststroke	c. Breaststroke
	d. Butterfly leg kick	d. Butterfly leg kick	d. Butterfly leg kick	d. Butterfly leg kick
Outcome 3 Water Safety	3.1 Enter the water safely and submerge whole face for 5 seconds	3.2 Jump in from poolside, submerge, & rise to the surface (1m depth)	3.3 Jump in from poolside, submerge, & rise to the surface (1.5m minimum depth)	3.4 Perform a straddle jump from poolside, keeping head out of the water (1.5m minimum depth)
	4.1 Float on front or back for 15 seconds, moving into a standing position (use of aids permitted)	4.2 Float on front or back without aids for 15 seconds, moving into a standing position	4.3 Float on front or back without aids for 30 seconds in deep water, then swim back to the wall	4.4 Float in the HELP position for 1 minute
	5.1 Tread water for 15 seconds using buoyancy aids	5.2 Tread water in deep water without using buoyancy aids for 15 seconds	5.3 Tread Water in deep water without using buoyancy aids for 30 seconds	5.4 Tread water in deep water without using buoyancy aids for 60 seconds
	6.1 Perform a basic shout & signal rescue from poolside	6.2 Perform a shout & signal rescue using buoyancy aids for 15 seconds	6.3 Perform a shout & signal rescue (unaided) for 30 seconds	6.4 Perform a reach rescue
	7.1 Exit the water safely without support	7.2 Exit the water safely without using steps (1m minimum depth)	7.3 Exit the water safely without using steps in deep water (1.2m minimum depth)	7.4 Swim 10m with clothes on and exit the water without support or steps

Purple Level – Water Confidence before achieve Red

Teachers – how you can help with the swimming lessons:

- Ensure a swimming risk assessment has been carried out and your school swimming policy is in place.
- Prepare the children by delivering the classroom pre swim lesson - provided by GLL/MSSP
- Ensure children are ready on time, quiet and well behaved.
- Meet and greet the instructor.
- Find out the learning objectives/teaching points for the lesson.
- Support by taking the register alongside instructor.
- Manage behaviour throughout.
- Provide support to instructor, encourage children and reinforce instructors coaching points positioning yourself at key points around the pool area during the lesson. *Try not to change coaching points or make up your own. Allow session to run as instructor has directed.*
- Ask instructor to highlight any progress or those particularly struggling and note it on the register. Support these children in particular.
- Ask if you can support by working on anything in the classroom in preparation for next session.
- Provide support to ensure the lesson is positive and active.

As someone they know and trust, your engagement and enthusiasm in the lessons will really help the students to make more progress