

## SPORTS LEADERSHIP AQUATIC LESSON PLAN

<b>Name:</b>	Lucy Clapperton
<b>Venue:</b>	PLC Aquatic Centre
<b>Lesson duration:</b>	30mins
<b>Number of students in class:</b>	5 students
<b>Age of students:</b>	4 years old
<b>PLC Aquatic level:</b> <i>(please circle)</i>	orange

### Aim of lesson

*What are we trying to achieve?*

- Backstroke 7m with no aid

### Objectives:

*Simple steps to achieve aim.*

- blast off back torpedo
- Streamline torpedo on back
- Backwards arm circles

### Equipment needed.

*List all items needed for the class.*

- kick boards
- Goggles
- Sink toys

## Teaching Points

*Visual / verbal?*

- verbal, eg. Explaining what to do/how to do things, ask questions(when do my arms go? Etc)
- Visual eg. Demonstrate (for torpedo, get them to imagine their arms have been glued to their ears)
- Kinaesthetic eg. Get them to copy your shapes/movements

## Class formation:

*Informal, semi-circle, triangle, corner, circle, lines. Teacher in or out of the water?*

- class shape in lines to have enough space for swimming and walking
- Informal, they are children and they would not have as much fun in a strict environment
- Teacher in the water to manually help with spotting and technique

## Fun activities to achieve objectives?

*Describe in detail*

- throw toys out for them to torpedo swim to
- If they seem under control you could try to do races with the shape
- Relay race with the kick boards practicing backwards torpedo/practicing backwards arm movements with a toy

## Safety considerations

*Capability of class, size of teaching area, class numbers, depth.*

- make sure there is enough space for the kids to swim
- See if any of them are being rowdy or uncontrollable and try and see why
- Don't rush the slower learners
- Make sure to go over all key coaching points properly