

PE UKS2 Unit 16

Swimming activities

and water safety 2

Lesson 10

Water skills



Lesson 10 Water skills

 **35-40 mins x2**

Learning objectives

Children should learn:

- how to perform different skills and movements in water (other than swimming);
- to choose, use and vary skills, according to the task and the challenge;
- to describe how the body reacts to different types of activity;
- to describe the skills they have learnt.

Success criteria

Children:

- learn a variety of water skills and some personal survival techniques;
- use water skills, including floating and submerging;
- use a variety of strokes and skills to suit the needs of a task;
- describe how they completed tasks.

National Curriculum Attainment targets

Pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres;
- use a range of strokes effectively, such as front crawl, back stroke and breast stroke;
- perform safe self-rescue in different water-based situations.

Vocabulary

horizontal float, mushroom float, position, pull, push, roll, scull, stroke, submerge, surface, tread water, vertical float, water skills

Resources

- weighted objects, (e.g. bricks, sticks or rings)
- **Interactive CD Image Gallery: page 16, Water skills**

Warm-up

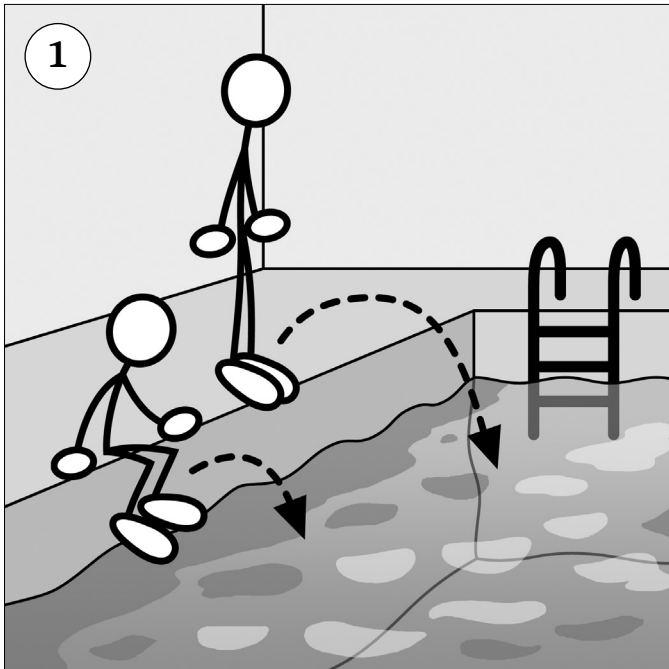
 **10 mins**

- Have the children choose their favourite stroke to swim four widths/lengths of the pool.
- Ask them to describe how their body feels after the warm-up.

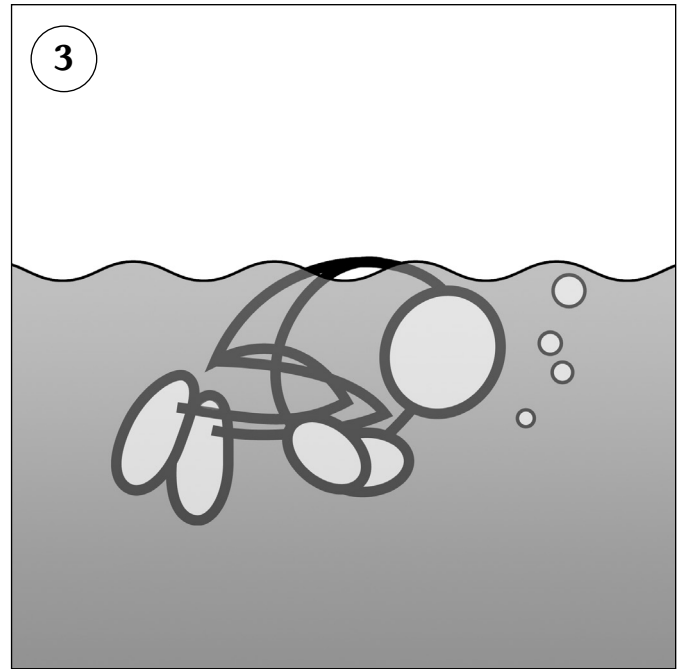
Skills and tasks

 **20-25 mins**

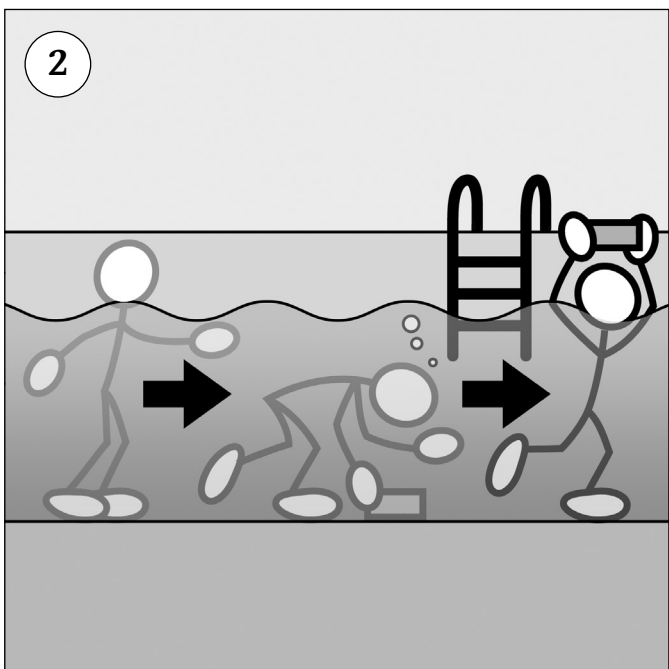
- Organise the children into working groups of six to eight. Tell them that they are going to practise various water skills and they will then be tested to see if they can complete them properly. This may take two sessions: one to teach them the skills and another to test them.
- The skills to teach are as follows:
 - submerging;
 - floating;
 - moving in the water other than swimming.
- Teach the children how to do the following water skills. See **Interactive CD Image Gallery: page 16, Water skills** for photographs of some of these activities. (You could refer to the ASA award scheme booklet if the children wish to complete the syllabus for the water skills grade 2 or 3 award.)



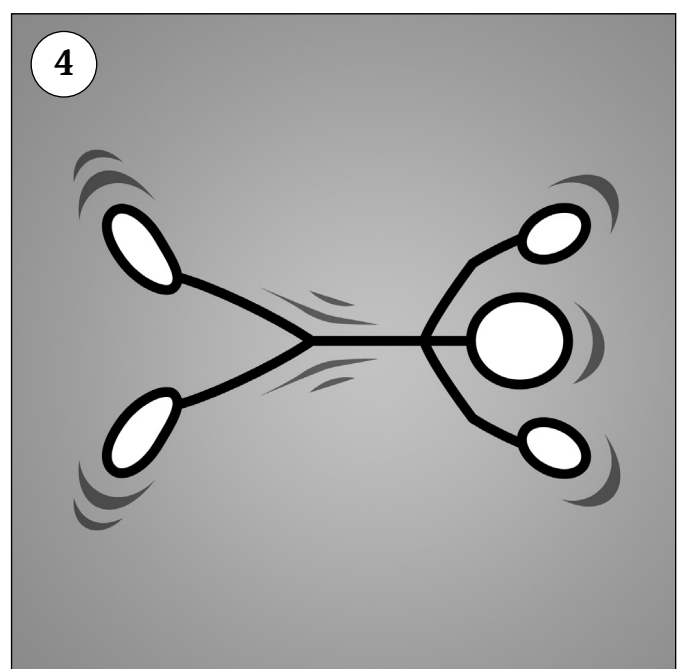
Teach the children how to enter the water from the side without going down the steps. They can stand with their arms by their sides, keep their legs straight and jump into the water. Alternatively, they can start from a sitting position, with their hands on the side, and slip into the water, pushing themselves away from the wall with their hands.



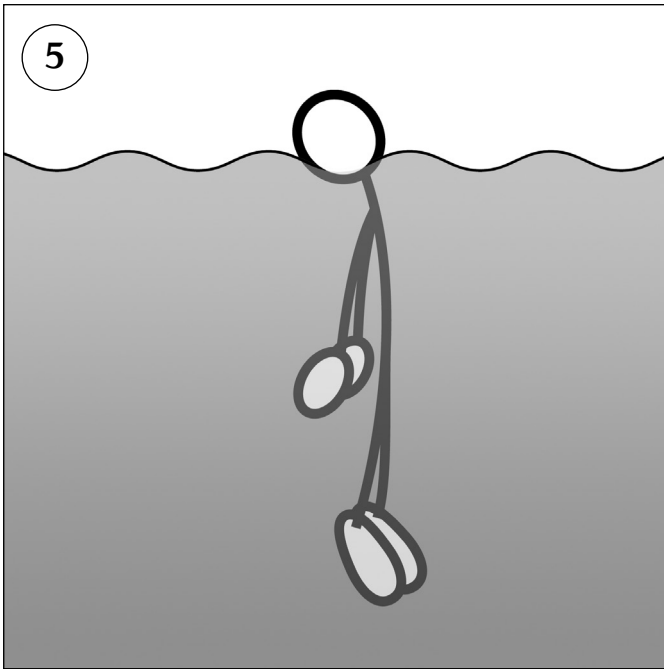
Ask the children to do a mushroom float. They should take a breath and put their head face down in the water, holding their arms around their legs in a tucked floating position.



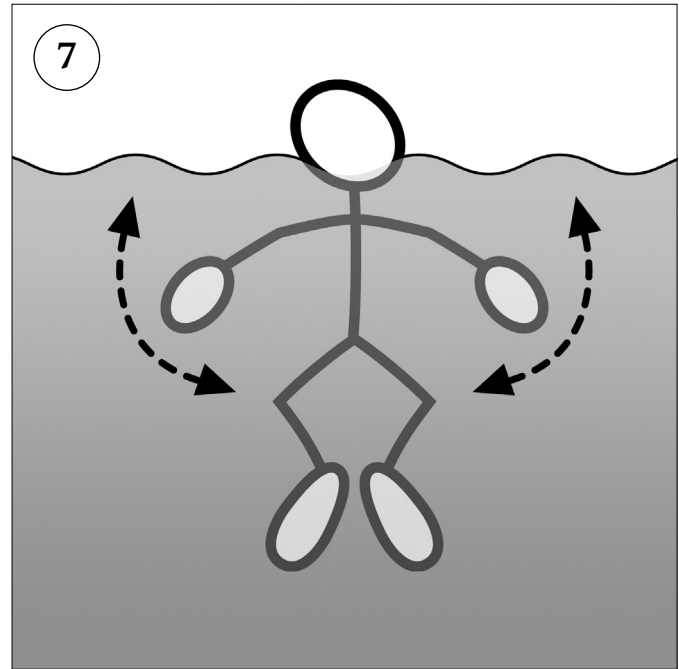
Ask the children to submerge and retrieve an object, such as a weighted brick, ring or other weighted object from the bottom of the pool. They can do this in shoulder depth water.



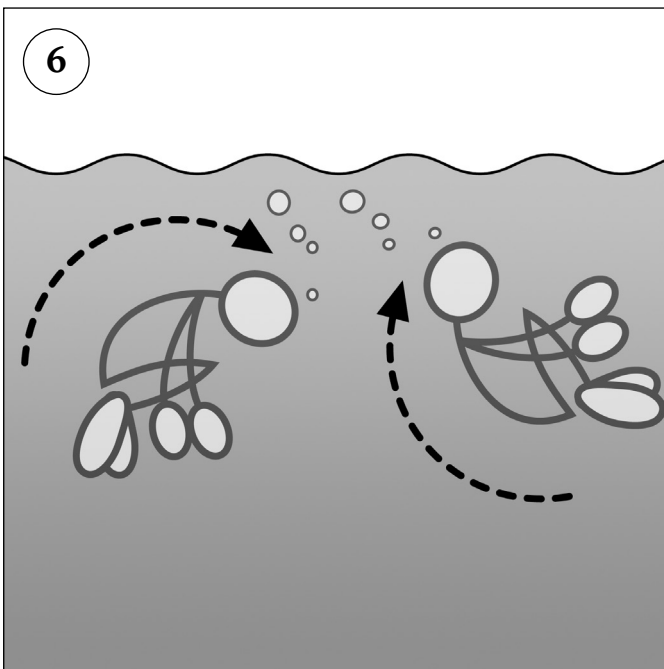
Teach the children how to do a horizontal float (face up or down in the water). They will need to balance themselves in a flat position on the surface of the water.



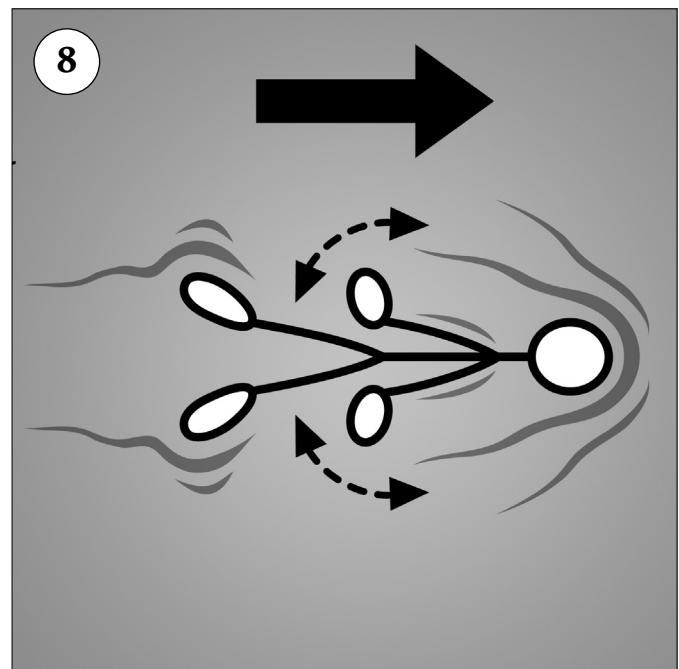
Teach the children how to perform a vertical float. Their body should be in a vertical position with the arms relaxed by their sides. Tell the children to hold their head back so that their nose and mouth are above the surface of the water.



Challenge the children to tread water for 20 seconds, in water that is out of their standing depth. Their body should be in a vertical position, with their head back and face above the surface of the water. Tell them to use breaststroke legs and push and pull the water with their hands to keep afloat.




Ask the children to demonstrate a 360° roll in the water without touching the bottom of the pool. They will need to keep their knees tucked in and use their hands to propel themselves.



Teach the children how to scull head first. They should lie on their back in the water and keep their feet still. They will use their hands to propel themselves, keeping their fingers together and pushing and pulling the water with their palms.

Plenary

 **5 mins**

- Praise the children for their efforts. Ask the children questions such as:

Key questions

What have you learnt in this lesson? Describe what you did.

How did the different activities affect your body?

- The children will probably be tired, hungry and thirsty so allow for refreshment as soon as possible after the session.
- Tell the children how they did in this practice session and explain that they will be tested in the next lesson.