Sample lesson plan: Aquatics activities

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| Class | | Number of Pupils: 30 | | Gender: Mixed | | |
| Lesson Number: 1 | | Lesson length: 40 mins | |  | |  |
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| Previous Experience | | | | | | |
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| Evaluation from previous lesson (focus should be on pupil learning) | | | | | | |
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| Lesson Objectives  Pupils will develop their ability to float and perform basic water confidence activities. They will demonstrate progress by being able to submerge their head under the water and perform basic shapes whilst floating. | | | | | | |
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| Equipment Needed  Floats, noodles | | | | | | |
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| Lesson Content | | | | | | |
| Timing  5 mins  10 mins  15mins  25 mins  30 mins | Activity  Changing and introduction of learning objectives  Warm up:  Simple Simon Says - pupils follow actions demonstrated by the teacher with the focus on raising heart rate as well as stretching.  Pupils then get into groups of 8  Ring a ring a roses  – the emphasis being on submerging the head.  Floating:  Holding a float with both hands, they push away from the side maintain a straight position (similar to the position adopted when performing a straight jump).  They return to the side and practice again, attempting to travel further.  Once they can perform the skill with a float, floats are removed and they push away from the side unaided, dropping a sinking toy at the point at which they stop moving.  They then repeat the activity attempting to reach the point at which the sinking toy was dropped and then collect it from the bottom of the pool.  “What shape can I make”  Pupils perform different shapes whilst floating.  Challenge cards are used to introduce a range shapes that they could perform.  Changing and review of learning objectives. | | Organisation  Ensure that changing rooms are monitored by staff.  As a class pupils play “Simple Simon Says”  In groups of 8 pupils play “ring a ring a roses”  Pupils line up along the side of the pool.  On their own  Ensure that changing rooms are monitored by staff. | | Equipment  Floats  Sinking toys  Noodles  Challenge cards | Differentiation  Equipment – whilst all pupils start with a float, over time, some will be able to complete the task without a float as time progresses.  Space – pupils with less developed skills and confidence are placed towards the shallow end of the pool so that they have less depth to retrieve the sinking toy.  Task – pupils challenge themselves to perform as many different shapes as they can.  Equipment – pupils choose whether to use a noodle to help them gain support. |