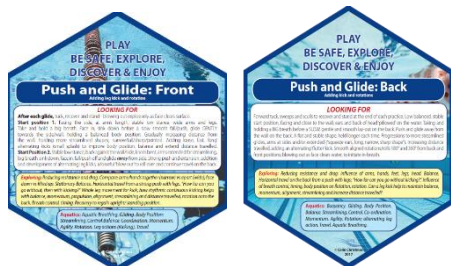


Level : EARLY IMPROVERS

Lesson Focus: Developing long centre roll/rotation with balance and alignment specific to the later introduction and development of whole stroke Front Crawl (and Backstroke)

Outcomes : Pupils will be able to... Push, glide and use a continuous alternating leg kick in streamlined body positions on their front then rotate 90 ° on each side; Roll/rotate to the front again after a set number of kicks



Previously (Prior Learning): All pupils will be confident practicing in water of chest depth; able to perform front and back floats, be able to roll from front to back and back to front around long and short axes or balance 'lines'; push and glide while using an alternating leg kick and perform head first and feet first surface dives.

<p>WARM UP / Introductory Activities: Safe Entries as appropriate to space available and confidence+ competence of the group.. Circuit of four 'stations'; swimmers swim between them and complete all four in any order (1) Surface dive to collect object eg sinking rings, from bottom, bring to surface show peers or teacher and return it to bottom in the same place (2) Perform a sequence of three submersions feet or seat first with arms extended above head to assist descent (3) Perform a sequence in any chosen order of 3 front floats (4) Perform a sequence in any order of 2 back floats and a flip over to the front.</p>	
<p>PRACTICES, PROGRESSIONS, Games or 'Activities' (Widths)</p>	<p>Teaching Points to support success and improvement ("Looking For..")</p>
<p style="text-align: center;">MAIN</p> <p>1.Streamlined Push Glide on front* ...</p> <p>Then sweep both hands back to sides to assist rotation onto the back when breath is needed.</p> <p>Swiftly tuck to front around short axis and return to the side without putting feet down.</p>	<p><i>*Take a deep breath, try to sink down before you push off the wall; Narrow streamlined shape arms extended to the front ; tight to head- legs extended/ straight; Long, aligned horizontal body positions - relaxed, balanced, stable; think speedboat , kayak/canoe, Naval Cruiser... NOT snow plough, dredger or naval landing craft.</i></p> <p>Once gliding- strong accelerating sweep under the body so that both arms are now extended and held by sides. "Bend your arms a little as they go under your body" "Can you feel the surge or 'thrust' forward produced by your arms and hands?"</p> <p>Blow out explosively as your face/head rolls out of the water</p> <p>Use arms and hands to balance and scull as you bring knees up (together) bring head forwards and tuck onto your front. Kick and use eg front paddle action to get back to the side.</p>

<p>2.Streamlined Push Glide with Kick (PGK) on front but now sweep both hands back to sides to assist 'long' log roll rotation onto the back when breath is needed; continue kicking to the other side</p>	<p>"Long legs, loose ankles, fast kick, small splash " Continuous, rhythmic and steady kicking – no pause ... Use your hips to start your log roll Use powerful sweeps to assist and accelerate your body as it 'cuts through the water' across the width...</p>
<p>3.PGK - sweep arms to sides and roll 90° to chosen side ; hold for 6/12 kicks take a breath and then roll back to prone position again...repeat across the width</p>	<p>As above, sweeping hands under and back and then rolling 90° to one side; keep head in line and try to roll whole body; use hips to drive the roll; Try to maintain continuous kick throughout.</p>
<p>4.As for (3) PGK sweep back and roll 90° to other side and then roll back to prone position again</p>	<p>Now try 90° the other side...as for 3 Try to maintain continuous kick throughout Practice breath hold on front and explosive blowing out as face clears water with long torso/body log roll to side</p>
<p>EXTENSION: Try 3+4 with one arm extended to front with the other swept back and positioned along the upper side/thigh after the kick counts</p>	
<p>Exit over side or using steps and briefly review the 'WHY' of activities and any progress/improvement; share feedback and thoughts on what next?</p>	

Risk Assessment specific to the lesson

Practices take place in water at chest depth; ensure all pupils are aware of depths; remind about safe entries; keep the sides clear of trip hazards; ensure swimmers stop before reaching the opposite wall to avoid collision with head if arms are by sides.

Note: Although these Rotation practices are often headed up for Front Crawl, it's worth remembering that both Front Crawl and Backstroke 'feature' a long centre- line rotation involving the torso- shoulders and hips- with legs responding accordingly. In both strokes the legs will momentarily 'crossover' and as the strokes develop can be used as a strong link in the kinetic chain of coordinated movements.