

# ***PE KS1 Unit 7***

## ***Swimming activities***

### ***and water safety 1***

#### **Lesson 2**

#### **Kick those feet!**



# Lesson 2 Kick those feet!

 **35-40 mins**

## Learning objectives

### Children should learn:

- to gain confidence in the water;
- to practise breathing out in water;
- to explore and use new skills, actions and ideas individually and in combination;
- to remember, repeat and link their actions;
- how to choose and use skills for different swimming tasks;
- to improve the control and coordination of their bodies in water;
- to recognise what their bodies feel like during different activities.

## Success Criteria

### Children:

- put their faces in the water to blow bubbles;
- move around and across the pool in a variety of ways;
- enter and leave the water carefully, as taught;
- move on and below the surface, showing confidence and enjoyment in the water;
- talk about what their body feels like in the water and describe how it feels different when moving in the same way on land;
- use different arm and leg actions to propel themselves upright through the water;
- explain what they enjoy doing in the pool.

## National Curriculum Attainment Targets

- swim competently, confidently and proficiently over a distance of least 25 metres.
- start to use one stroke effectively.

## Vocabulary

float, high, hop, in water, jump, kick with the legs, low, push and pull with the arms, run, sink, turn, under water, wade, walk

## Resources

- A range of swimming aids and supports
- Play equipment

## Warm-up

 **10 mins**

- Encourage the children to enter the water, by using the steps or by slipping in off the side. Ask them to jump up and down and splash their hands so that they get thoroughly wet.
- Ask them to wash their faces with their hands.

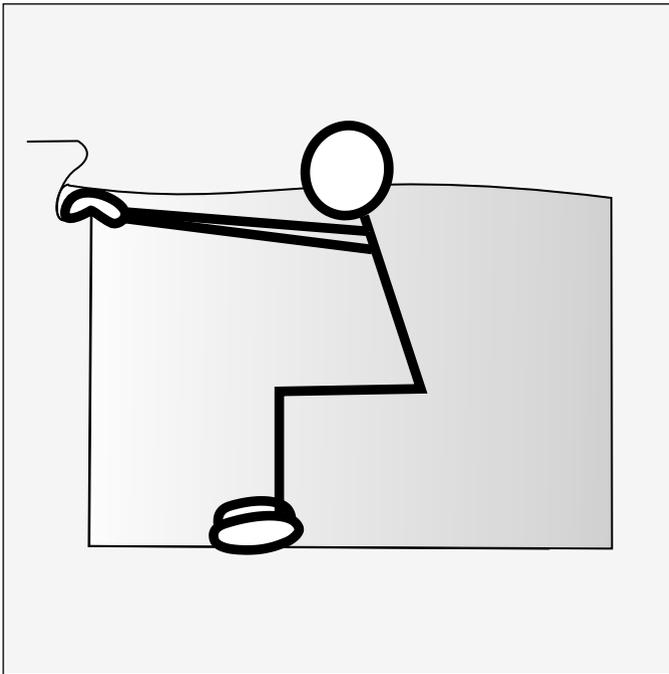
- Tell the children to walk as quickly as possible from one side of the pool to the other and back. Remind them to use their hands to help them wade. Tell the children to ensure that they keep their fingers together as they pull the water back with their hands. Remember to encourage and praise the children.
- Now ask them to sit on the bottom step of the learner pool or kneel in shallow water so that their heads are above water.

## Skills and tasks

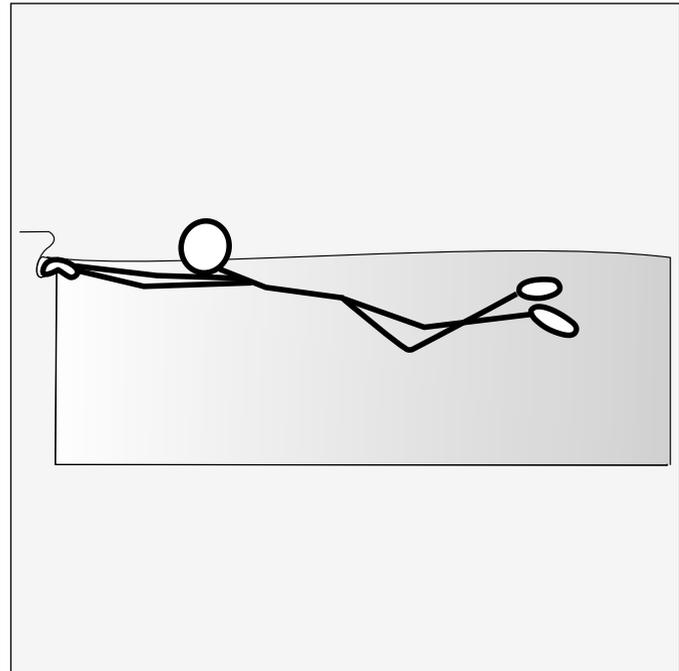
 **15-20 mins**

- Ask the children if they can remember some other ways of moving across the pool other than wading. Ask them to show you what they are. Ask them to describe how it feels different when they move in the same way on land.

- Ask the children to travel across the pool as low as possible in the water, using their arms/hands to propel them. Choose a child who is doing this well and ask the others to watch, and then copy the movements.
- Ask the children to stay low in the water and come to the side of the pool and hold on to the rail (see diagram).



- Ask the children to keep holding on to the side and to put their legs out behind them and kick their feet. Tell the children to make a big splash by kicking hard. (You could use the phrase 'kick your shoes off'.) Encourage the children to use the whole of their legs from the hips to the feet. As they feel their legs sinking they should kick hard to raise them again. Choose a child to demonstrate good technique.



- Ask the children to take a breath and show you how they blow out their breath – look for effort in facial expressions to expel all the air! Congratulate and encourage the children. Now ask them to keep their arms straight, hold their heads up and take a breath and hold it; now ask them to put their faces in the water and blow big bubbles. Some children may just put their lips in the water whilst some may immerse their heads. Either way, as long as they blow bubbles in the water, the children are beginning to understand the idea of breath control under water and they need to practise this to become confident.
- Try the exercise again and encourage the children to repeat it three or four times. Ensure that you give plenty of encouragement and praise. This will give the children courage and help them to improve their technique.

## Cool-down

 10 mins

- Allow the children some free time to play in the water, perhaps with some equipment, and watch to see what they do. Look for who appears to be the most/least confident in the water. Watch for children not participating and/or getting cold and encourage them to join in.
- Ask the children to stop playing and tidy the equipment away. Go through some of the things they have been doing. Ask:

### Key questions ?

What did you enjoy doing today? Why?