

# ***PE LKS2 Unit 7***

## ***Swimming activities***

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

#### **Lesson 6**

#### **Breathing to the side**



# Lesson 6 Breathing to the side

 **35-40 mins**

## Learning objectives

### Children should learn:

- the front crawl breathing sequence;
- to improve the control and coordination of their bodies in water;
- to work with confidence;
- to explore and use 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 recognise what their bodies feel like during different activities.

## Success Criteria

### Children:

- use leg actions to propel themselves horizontally through the water, using swimming aids;
- understand how to breathe in at the side and out into the water;
- gradually coordinate their actions so that they remain balanced and in control of their bodies;
- move on and below the surface, showing confidence and enjoyment in the water;
- begin to swim short distances, with aids;
- enter and leave the water carefully, as taught;
- stretch out and keep afloat on the surface, using a number of different body shapes;
- describe how the temperature of the water affects their bodies;
- explain what they do to feel warmer in the water.

## National Curriculum Attainment Targets

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

## Vocabulary

breath, breathe, float, glide, high, jump, kick with the legs, lie on front and back, low, space, splash, straight, turn, under water

## Resources

- A range of swimming aids and supports
- Hand-held floats
- **Interactive Resource:** *Front crawl kicking*

## Warm-up

 **5 mins**

- Ask the children to stand at the side of the pool and ask them:

## Key questions

*Do you feel cold?*

- Now ask them to enter the water by the steps or slip in off the side. Ask them to find a space and stand tall and straight. Ask them to jump up and down a few times and then submerge themselves in the water. You could do this on a count of three. Repeat this three or four times. Ask them how they feel now:

### Key questions ?

*Do you feel warmer?*

- Ask the children to find a partner and stand opposite them. They should both jump up, each trying to jump higher than the other, and then submerge together after the third jump.

### Skills and tasks

#### 20-25 mins

- Give out floats and ask the children to hold their floats out in front of them with both hands. Tell them to push off from the side, with their arms outstretched, and kick their legs to propel themselves to the other side of the pool and back, remembering to breathe out into the water. Praise children who remember how to do this, and encourage the others.
- Now ask the children to put their floats down and crouch in the water, facing the side of the pool and holding on with one extended arm. The other arm should be below the water at their side. The children should take a breath at the side of their body, breathe out in the water and then breathe in from the side again.
- Tell the children to keep their ears in the water. Ask them to try this breathing exercise with the other arm extended. Ask:

### Key questions ?

*Which do you think is the best side to breathe on?*

- Encourage the children to practise taking a breath at the side and then breathing out in the water with their faces down. Ask them to repeat this several times and to keep their eyes open if they can.
- When the children have practised this and seem to be able to use the technique, ask them to collect their floats and turn and face across the pool, ready to swim with the float held out in front with one arm and the other arm by their side. (They should extend one arm over the length of the float and grip it with the hand over the end.) Now ask them to swim across the pool, breathing in at the side as they lift their free arm out of the water, and breathing out with their faces down in the water. Throughout this practice children should maintain their flat body position and strong kicking action.
- Ask the children to try breathing at each side and then to choose which is best for them. This breathing technique will take time to perfect, so children should do one width at a time and be given plenty of encouragement and praise.

### Cool-down

#### 10 mins

- Ask the children to try to float in the water in different shapes: wide, stretched out long, curled up. They will need to hold their breath for some positions. Watch for children trying hard and encourage others to experiment.
- Ask the children how they feel now at the end of their lesson:

### Key questions ?

*Are you tired? If so, why?*