

LESSON PLAN - Swimming -

Subject	Physical Education	Grade	1	Day	00/00/2019
Topic	Swimming				
Strand		Sub-strand			
Physical Fitness		Swimming			
Out comes					
Begins to acquire basic skills associated with swimming and survival techniques.					
Indicators					
a. Enter and exit water confidently. b. Recover from a face down float or glide to a standing or other secure position. c. Move through the water unassisted with feet clear of the bottom for a distance of 3 metres using any propulsion method. d. Float for 30 seconds holding a rescue floating aid for support and signal for help. e. Hold an object offered by the rescuer and be pulled to safety. f. Open eyes and breathe out while submerging the body completely.					
Learning Intentions: We are learning to					
How to control the body underwater					
Success Criteria: I will be successful if...					
I can understand how to control the body underwater and listen to teacher’s instructions.					
Duration	Lesson procedure				Resources
0~10	*Warm-up stretch and pair stretch (especially shoulder and ankle) ✖Refer to the PE materials about all activities in detail (Practice1 to 3)				Kick board Hoop Colour ball Colour coral
10~30	*Practice1 : Get used to water 1. Splash water each other 2. Wading relay 3. Take coral game 4. Animal walk(babbling) 5. Catch floating a ball 6. Pass through a hoop under the water				
30~60	*Practice2 : Swim 1. Floating (face up float, face down float) 2. Gliding (stream line) 3. Gliding swim for a distance of 3 metres				
60~75	*Practice3 : Rescue 1. Float for 30 seconds holding a rescue floating aid. 2. Hold an object offered by a rescuer and be pulled to safety. : Common teaching point. 1. Practice safely. 2. Move positively underwater to get used to water. *Cool down				
Closure					
Subject Teacher		H.O.D			

LESSON PLAN - Swimming -

Subject	Physical Education	Grade	2	Day	00/00/2019
Topic	Swimming				
Strand		Sub-strand			
Physical Fitness		Swimming			
Out comes					
Begins to acquire basic skills associated with swimming and survival techniques.					
Indicators					
a. Perform a slide in entry and exit using the edge. b. Demonstrate arm sculling actions to support the body in an upright position with the face above the surface of the water. c. Swim 20 metres using an action which resembles a stroke. d. Perform survival sculling for 30 seconds. e. Perform floating for 1 minute, holding a rescue floatation aid and kick for safety. f. Be pulled through the water with a rope to a standing position of safety. g. Submerge and recover an object from chest depth					
Learning Intentions: We are learning to					
How to scull to support the body and resemble a stroke.					
Success Criteria: I will be successful if...					
I can understand how to use arms for swim and listen to teacher’s instructions.					
Duration	Lesson procedure				Resources
0~10	*Warm-up stretch and pair stretch (especially shoulder and ankle) ※Refer to the PE materials about all activities in detail (Practice1 to 3) *Practice1 : Get used to water 1. Splash water each other or catch floating a ball 2. Wading relay 3. Take coral game 4. Animal walk(babbling) or pass through a hoop under the water *Practice2 : Swim 1. Floating & Gliding 2. Flutter kick (underwater with support, underwater using kick board) 3. Doggy puddle (Crawl resemble stroke) for a distance 20 meteres *Practice3 : Rescue 1. Float for 1 minute holding a rescue floating aid and kick for safety 2. Hold a rope offered by a rescuer and be pulled to safety : Common teaching point 1. Practice safely. 2. Move positively underwater to get used to water.				Kick board Hoop Colour ball Colour coral
10~30					
30~60					
60~75					
Closure					
Subject Teacher		H.O.D			

LESSON PLAN - Swimming -

Subject	Physical Education	Grade	3	Day	00/00/2019
Topic	Swimming				
Strand		Sub-strand			
Physical Fitness		Swimming			
Out comes					
Demonstrate basic swimming ability and survival techniques					
Indicators					
a. Perform a step in entry. b. Demonstrate sculling head first. c. Swim 50 meters using action which resembles two or more strokes (15 meters using an above-water arm recovery stroke and 15 meter using an underwater arm recovery). d. Perform survival sculling for 1 minute. e. Demonstrate swimming for 1 minute by holding a rescue floatation aid. f. Using a firm object pull a partner to safety. g. Perform a surface dive swim under the water and recover an object from water of chest depth.					
Learning Intentions: We are learning to					
How to entry and swim using basic skills.					
Success Criteria: I will be successful if...					
I can understand how to swim long distance and listen to teacher’s instructions.					
Duration	Lesson procedure				Resources
0~10	*Warm-up stretch and pair stretch (especially shoulder and ankle) ※Refer to the PE materials about all activities in detail (Practice1 to 3) *Practice1 : Get used to water 1. Splash water each other 2. Wading relay 3. Perform a step in entry 4. Take coral game (chest depth) 5. Pass through a hoop under the water. *Practice2 : Swim 1. Floating & Gliding 2. Doggy puddle (Crawl resemble stroke) for a distance 25 meteres. 3. Practice arm stroke (breast stroke) 4. Resemble breast stroke for a distance 25 meteres. *Practice3 : Rescue 1. Practice survival sculling for 1 minute. 2. Swim 1 minute holding a rescue floatation aid. 3. Pull a partner to safety using a firm object. : Common teaching point 1. Practice safely. 2. Relax your body while swimming long distance.				Kick board Hoop Colour coral
10~30					
30~60					
60~75					
Closure					
Subject Teacher		H.O.D			

LESSON PLAN - Swimming -

Subject	Physical Education	Grade	4	Day	00/00/2019
Topic	Swimming				
Strand		Sub-strand			
Physical Fitness		Swimming			
Out comes					
Perform basic swimming strokes, underwater skill and survival techniques.					
Indicators					
a. Perform a fall in entry. b. Demonstrate sculling feet first on the back. c. Perform rotation of the body while keeping the face above the water. d. Continuously swim 50 meters with above water arm recovery. e. Continuously swim 25 meters with underwater arm recovery. f. Perform butterfly arm action for a distance of 5 meters g. Perform sculling, floating or treading water for 2 minutes. h. Swim slowly for 3 minutes using the actions which resemble three recognized survival strokes, changing after each minute to another stroke.					
Learning Intentions: We are learning to					
How to swim using basic swimming strokes.					
Success Criteria: I will be successful if...					
I can understand how to use arms and feet correctly and listen to teacher’s instructions.					
Duration	Lesson procedure				Resources
0~10	*Warm-up stretch and pair stretch (especially shoulder and ankle) ※Refer to the PE materials about all activities in detail (Practice1 to 3) *Practice1 : Get used to water 1. Wading relay 2. Perform a fall in entry 3. Perform a surface dive, swim underwater and recover an object from water of depth equivalent to the child’s height. *Practice2 : Swim 1. Practice arm stroke and side kick (crawl) 2. Swim 50 meters or 1 minute (catch-up crawl) 3. Practice kicking (breast stroke) 4. Swim 25 meters or 1minute (breast stroke) 5. Practice flutter kick (back crawl) 6. Resemble back crawl for a distance 20 meteres or 1minute. 7. Practice arm stroke (butterfly) for a distance 5 meteres *Practice3 : Rescue 1. Perform sculling, floating or treading water for 2 minutes and rotation of the body while keeping the face above the water. 2. Throw a buoy to a distance of 5 meters. : Common teaching point 1. Practice safely. 2. Relax your body while swimming long distance.				Kick board Buoy
10~20					
20~60					
60~75					
Closure					
Subject Teacher		H.O.D			

LESSON PLAN - Swimming -

Subject	Physical Education	Grade	5	Day	00/00/2019
Topic	Swimming				
Strand		Sub-strand			
Physical Fitness		Swimming			
Out comes					
Demonstrate basic swimming ability, associated swimming strokes, and survival techniques.					
Indicators					
a. Demonstrate a dive. c. Perform eggbeater kick. b. Rotate the body about the vertical and horizontal axes with and without arm and leg action. d. Swim butterfly for 10 meters demonstrating a recognizable stroke and using correct breathing technique. e. Perform survival sculling, floating or treading water for 4 minutes. f. Perform a feet first surface dive and swim underwater for a short distance. g. Swim slowly for 6 minutes using three survival strokes, changing after each minute from one stroke to another. h. Swim continuously: □ 25 meter freestyle. □ 25 meter survival backstroke or sidestroke. □ 25 meter back crawl.					
Learning Intentions: We are learning to					
How to swim four strokes.					
Success Criteria: I will be successful if...					
I can understand and master how to swim four strokes and listen to teacher’s instructions.					
Duration	Lesson procedure				Resources
0~10	*Warm-up stretch and pair stretch (especially shoulder and ankle) ※Refer to the PE materials about all activities in detail (Practice1 to 3)				Kick board
10~25	*Practice1 : Get used to water 1. Wading relay 2. Rotate the body about the vertical and horizontal axes with and without arms and legs action. 3. Perform a feet first surface dive and swim underwater for a short distance. 4. Demonstrate a dive.				
25~60	*Practice2 : Swim 1. Swim free style for a distance 25 meteres or 2minutes. 2. Breast stroke for 2minutes. 3. Practice arm stroke on land (back crawl) 4. Swim back crawl and crawl for a distance 25 meteres or 2minutes. 5. Practice dolphin kick and resemble butterfly for 10 meteres. 6. Survival backstroke for a distance 25 meteres.				
60~75	*Practice3 : Rescue 1. Perform eggbeater kick. 2. Perform survival sculling, floating or treading water for 4 minutes. : Common teaching point 1. Practice safely. 2. Perform various strokes for a distance and a long time.				
Closure					
Subject Teacher		H.O.D			

LESSON PLAN - Swimming -

Subject	Physical Education	Grade	6	Day	00/00/2019
Topic	Swimming				
Strand		Sub-strand			
Physical Fitness		Swimming			
Out comes					
Demonstrate confidence in swimming 50 meters, using a recognized swimming stroke.					
Indicators					
a. Demonstrate a stride entry. b. Perform a backward and a forward somersault in the water. c. Swim continuously <input type="checkbox"/> 50 meter sidestroke <input type="checkbox"/> 50 meter back crawl <input type="checkbox"/> 50 meter breaststroke <input type="checkbox"/> 50 meter freestyle d. Swim butterfly for 15 meters using an efficient stroke and correct breathing technique. e. Enter deep water using feet first entry. f. Swim 50 meters quickly as if escaping from a dangerous situation.					
Learning Intentions: We are learning to					
Recognize which stroke can we swim fastest.					
Success Criteria: I will be successful if...					
I can swim 50 meteres fast with confidence, using a recognized swimming stroke.					
Duration	Lesson procedure				Resources
0~10	*Warm-up stretch and pair stretch (especially shoulder and ankle) ✖Refer to the PE materials about all activities in detail (Practice1 to 3)				Kick board
10~30	*Practice1 : Get used to water 1. Wading relay 2. Demonstrate a stride entry. 3. Enter deep water using feet first entry. 4. Perform a backward and a forward somersault in the water.				
30~65	*Practice2 : Swim 1. Free style for a distance 50 meteres quickly. 2. Breaststroke for a distance 50 meteres. 3. Back crawl for a distance 50 meteres. 4. Butterfly for a distance 15 meteres. 5. Sidestroke for a distance 50 meteres.				
65~75	*Practice3 : Rescue 1. Demonstrate a stride entry and swim 10 meteres quickly : Common teaching point 1. Practice safely. 2. Perform various strokes for a distance and a long time.				
Closure					
Subject Teacher			H.O.D		

