

PE LKS2 Unit 16

Swimming activities and water safety 2

Lesson 4

Perfecting back crawl



Lesson 4 Perfecting back crawl 35-40 mins

Learning objectives

Children should learn:

- to perfect the back crawl stroke;
- to consider what makes a good swimming stroke;
- to describe and evaluate the quality of swimming and to recognise what needs improving.

Success criteria

Children:

- swim efficiently and effectively, using the back crawl style;
- realise that smooth swimming demands concentration and good control of arms, legs and breathing;
- use a range of language to describe what they see and recognise what they do well.

National Curriculum Attainment targets

Pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively, such as front crawl, back stroke and breast stroke.
- perform safe self-rescue in different water-based situations.

Vocabulary

back crawl, breathing, float, flutter kick, glide, length, long body shape, pull, push, reach, width

Resources

- floats
- weighted brick
- stopwatch
- **Interactive Resource:** *Back crawl technique*

Warm-up

10 mins

- Ask the children to swim as quickly as they can, but with good technique, for four to six widths. Encourage them to practise both back crawl and front crawl. Tell them to check before starting each width that the space ahead of them is clear. You could let the children race in pairs, one or two widths at a time.

Element	Problem	Solution
Body position	Sinking legs and/or arms	Stretch out long and thin
Legs	Little propulsion, legs apart	Keep legs straight, feet together, strong flutter kick
Arms	Little pull, bent arms out of water	Stretch arms out straight, long reach to pull water, keep fingers together
Breathing	Water in mouth	Lift chin, look up
Full stroke	Slow, irregular arms and kick	Do four kicks to every two arm strokes

Skills and tasks

20-25 mins

- If possible, use the length of the pool for this lesson. Repeat the following exercises from the last lesson, which work on the leg action and arm stroke separately. Give each child a float and ask them to practise the leg kick by holding the float across their chest and propelling themselves across the pool on their back. Then ask them to practise the arm stroke by holding the float firmly between their thighs and reaching their arms above their head to pull the water back. Ask the children to do each exercise for one or two lengths at a time. If they are swimming in lanes, get the children to swim up one side and back down the other, so as to avoid collisions. Watch carefully and help any children who are not swimming straight.
- Now use the table below to correct or improve the full back crawl stroke as the children complete a series of lengths to perfect the stroke. Stress the importance of concentrating on performing a smooth stroke and coordinating the arms, legs and breathing.
- You could time the children as they swim across the pool one by one and compare the times to those recorded in the last lesson, to see if they can improve their times.
- You could finish the lesson with races. Match children of similar ability and let them race in pairs.

Cool-down

5 mins

- Challenge the children to retrieve a weighted brick from the bottom of the pool, one at a time, in water that is out of their depth. The children must take a deep breath, invert themselves and pull themselves to the bottom of the pool. They should let the breath out slowly as they get to the bottom and keep their eyes open so that they can pick up the brick. They should rise to the surface, show you the brick and then drop it for the next child.
- Talk to the children about what they have learnt in this lesson. Ask:

Key questions

What makes a good swimming stroke?
Why do you need to concentrate when swimming? (to perform a smooth stroke, keep control of arms and legs, regulate breathing)
Which elements can you do well and which do you need to improve?