

The ASA Swimming Teaching Conference 2009

Workshop C Evaluation/Feedback

Suzanne Philpot ASA School Swimming Advisor
London & South East



Workshop 1 & 3 Four Strands of the National Curriculum KS 2 Lesson Planning

1. Knowledge & Understanding of fitness & health

Short Term & Long Term Athlete Development - effect on the body
Nutrition & Diet for Exercise
Warm Up & Cool Down - Importance of
Injury Prevention - (Risks) Stretching etc
Hygiene
Water Safety Code
Body Awareness - in relation to flotation/propulsion
Energy Systems - How to pace yourself
Anatomy & Physiology

2. Acquiring & Developing Skills

Jumping in - Various methods/confidently & safely
Streamlining - Push & Glide
Sculling - All four strokes
Surface Dives
Distance Swimming- Minimum 25M?
Basic Technique - All four strokes
Controlled Breathing
Personal Survival - Treading water/other skills

3. Selecting & applying Skills & Tactics

Fundamentals - Movement/skills

Games - Demonstrations-cross curricular links- Balance/Catching

Resistance - Feel for water/Flotation

Treading Water - Water Polo

Sculling - Syncro

Personal Survival - Challenges/Reach- Throw - Don't - Go

4. Evaluating & Improving Performance

Feedback- constructive from teacher to pupil

Assessment - Baseline - continuous - mini tests

Question Time - For pupils

Demonstrations - Pupils to observe others

Teamwork - pupils to work together and evaluate

Goals - Badges- rewards - self satisfaction

Leading Sessions - Pupils to lead their own sessions

Communication - two way process