

Aims of this lecture:

- To understand the importance of planning a lesson.
- To understand what is required to plan a lesson.
- To be able to plan a lesson.

Stages of Planning.

1. Assess or Information gathering for lesson.
2. Plan the content.
3. Implement - teach the lesson.
4. Evaluate – did the lesson go well?

1. Assess/Information gathering for lesson.

Consider:

- the length of the course and the length of each lesson.
- venue-date-time.
- the size and age of the group.
- their previous experience/ability range.
- the size and depth of the pool.
- the space available to teach in (exclusive/shared use).
- the equipment available to you.
- the poolside safety equipment.
- any disabilities or medical conditions.
- the learning outcomes that need to be achieved.
- any available assistants.

2. Planning Structure.

A swimming teacher will be involved in planning at three levels:

- **Long Term Planning** (usually covers a period of a year).
- **Scheme of Work** (covers an entire course of lessons).
- **Individual Lesson Plan** (this is a plan for each specific lesson).

3. Implement - Teach the lesson.

- Keep to the plan as far as possible.
- However, your lesson plan should be flexible.
- Your lesson plan should only be referred to if necessary (use the whiteboards for main points).
- Any adjustments made to your plan, as a result of changing circumstances, should be recorded.
- Consider “contingency planning” (Your “Plan B”).

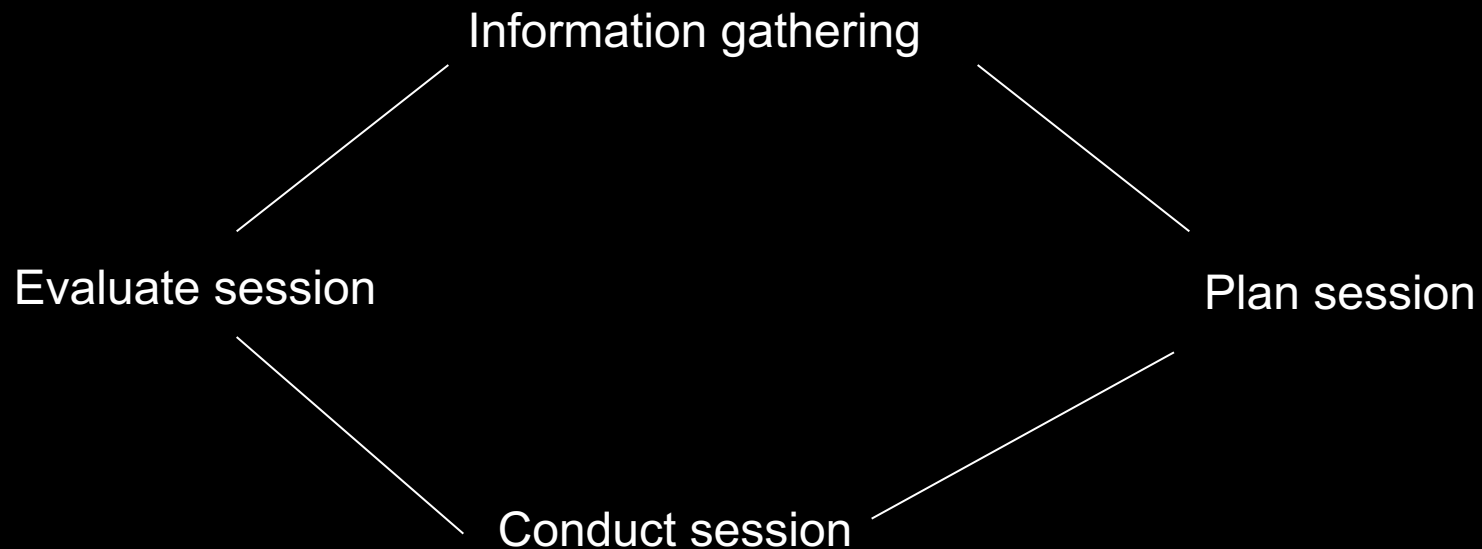
Commonly planned for contingencies may include:

- heat / cold.
- Injury /illness.
- lack of equipment / water space.
- lack of participants, or too many.
- bored participants.
- rapid or slow participant improvement.

4. Evaluating the lesson.

- Did the lesson go well?
- Did I achieve my objectives?
- Was there individual progress?
- Evaluate adjustments to the lesson (to help assist future lessons).
- How can I improve the lesson?
- Action points for the future.

The Cyclical Evaluation Process.



Aims / Objectives.

- An aim is a general statement about what you intend to do during the course e.g. to introduce non swimmers to the aquatic environment.
- An objective states what you anticipate the swimmer will be able to do at the end of the course e.g. to enter and leave the water in various ways, to be able to regain feet from front and back.....

The Individual Lesson Plan.

All lessons for whatever standard should have three elements:

- **Introduction** – the aim of the introduction is to warm up the pupils and prepare them for the lesson; it also enables the teacher to assess the standard of the class (5mins).
- **Main Theme** – the main theme is the main object of the lesson and includes teaching practices and teaching points. It also takes the bulk of the lesson time (15mins).
- **Contrasting Activity** – this is a change from the main theme and can be a completely different skill or one linked to the main theme (10mins).

Organisation of the Learning Environment.

- Random spacing.
- Whole group.
- Ability groups.
- Wave swimming.
- Cannon swimming.
- Lane swimming.