



Activity	Key Skills			National Curriculum		Q.C.A	
	Communication	Working with others	Problem Solving	Physical Education	PSHE	Physical Education	Outdoor and Adventurous activities
Swimming	*	*		*	*	*	

Learning objective: In this session pupils will experience a range of games and activities devised to build confidence in which pupils work as individuals and as part of a team.

Description: A combination of games and activities using heated indoor pools.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> To recognise the perceived risk of the activity and how this is controlled by safety rules. To demonstrate a clear understanding of any rules introduced during games. Keywords: lifeguard 	<ul style="list-style-type: none"> Recognising activity boundaries and safety areas. To recognise the effects of positive and negative peer influence. Observing general safety rules for swimming pool area 	<ul style="list-style-type: none"> To prepare physically for the activity in hand. To work with others as part of a team. To adopt suitable tactics in a game situation.