

Unit 6: Gala

**LESSON  
OBJECTIVES**

**The student will:**

- *demonstrate one entry, and one stroke of their own choice up to a distance of 25 metres*
- *participate in a fun gala.*

**EQUIPMENT**

**CLASS ORGANISATION**

ENTRIES	STROKE	GAMES	SAFETY
<p><i>Students choose one entry to demonstrate for assessment.</i></p>	<p><i>Students choose one stroke to demonstrate:</i></p> <ul style="list-style-type: none"><li>• <i>appropriate arm / leg action</i></li><li>• <i>correct breathing technique</i></li><li>• <i>ability to swim distance.</i></li></ul> <p><i>Attempt up to 25 metres.</i></p> <p><i>Possible strokes to perform:</i></p> <ul style="list-style-type: none"><li>• <i>breast stroke</i></li><li>• <i>inverted breast stroke</i></li><li>• <i>front crawl</i></li><li>• <i>side stroke</i></li><li>• <i>butterfly</i></li><li>• <i>back crawl</i></li></ul>	<p><b>Gala.</b></p> <p><i>See resource material for ideas.</i></p>	<p><i>Log book submission</i></p>