

School Swimming Amber Group



School

Teacher

Day/Time

Name	Medical Details i.e. epilepsy, Autism, ADHD, Asthma, Visual/Auditory impairment	Week Commencing														Outcomes																		Distance Award				
		9/9	6/9	23/9	30/10	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	Award 3								Award 4									5m	10m	15m	20m	25m	
		A/WC	WC/FP	WC/BP	WC/SR	BP	BP/WC	FP/A	HT	BP	WS	WC/FP	WC/FP	SR/BP	A/BP	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	9						
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Please ensure this document is complete on day 1 assessment and the subsequent assessment weeks.

This document should then be brought to your lesson every week, to ensure the register is completed and the relevant outcomes ticked off.

Please keep safe ready for reporting at year 6

Key:	A=Assessment	HT = HALF TERM	FC=Frontcrawl Practices	BRS=Breaststroke Practices	BS=Backstroke Practices
	WS=Water Safety Week		SR= Self Rescue	S=Skills Practices	WS= Water Safety

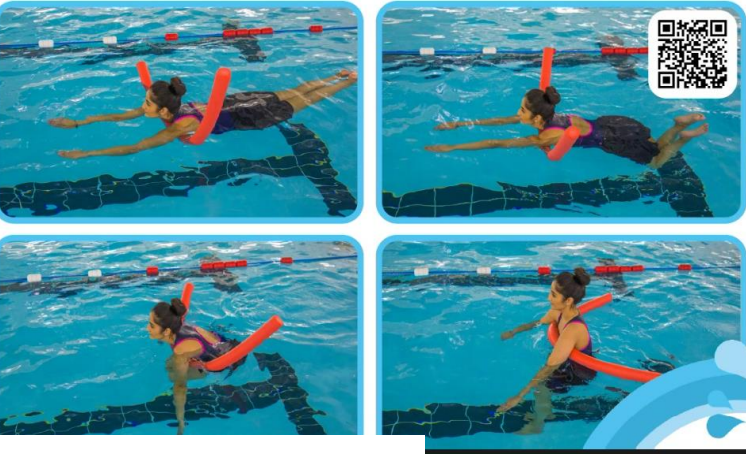
- Award 3** (All outcomes can be completed with or without aids)
- 1 Jump in from side and submerge (minimum depth 0.9m)
 - 2 Fully submerge and pick up an object
 - 3 Push from wall and glide on the front and back
 - 4 Push and glide from the wall to the pool floor
 - 5 Perform a rotation from the front to the back and gain an upright position
 - 6 Perform a rotation from the back to the front and gain an upright position
 - 7 Answer three questions on the water safety code
 - 8 Exit the water safely

- Award 4** (All outcomes can be completed without aids)
- 1 Enter the water safely (using steps, swivel entry or a jump)
 - 2 Perform a tuck float for 5secs
 - 3 Perform a sequence of changing shapes (min of three) whilst floating at the surface
 - 4 Push and glide on the front with arms extended and log roll onto the back
 - 5 Push and glide on the back with arms extended and log roll onto the front
 - 6 Travel on the front, tuck to rotate around the horizontal axis to return on the back
 - 7 Travel 10m on the front and 10m on the back
 - 8 Demonstrate an action for getting help (can be performed in deep or shallow water)
 - 9 Exit the water safely without the use of steps.

ACTIVITY IDEAS

Skills Practises	Activity Ideas
Push and glides (f & b)	Fireworks, traffic light targets, distance challenges, with rotations, to pool floor
Submersion	Hoops, sinkers, treasure game (teams or pairs), collect a colour
Rotations-log & somersault	Use hoops or woggles, include travel, include as part of a command game
Floating-star (f&b), pencil (f&B), tuck	Own choice, linking shapes, command games e.g. Simon says, weather game, mirroring in pairs
Water Safety -Signal for help, Water Safety Code	Captain Danger game, scenarios
Introduction to breaststroke	Introduce leg action, walking with arms, lying on back snapping legs (open-slowly, snap closed
Self rescue	Fall in and lie on back, help, huddle, wave for help.
Regaining feet on front & back (see images)	
Front Crawl	Activity Ideas
Short distance practises (no aids)	From a push and glide, as part of a command game,
Leg kick practises with woggle-	Distance challenges, races, 4 corner game, bumper cars, speed boats
Breathing practises with woggles	One arm on woggle-rolling to the side to breath, blowing bubbles in a woggle hoop
Arm practise walking	With and without face in the water to get the feel for timing.
P&G then frontcrawl legs	Distance challenges, with rotation
Frontcrawl legs then rotate onto back	
Backstroke	Activity Ideas
Leg practises with woggle	Races, different distances, with rotation
Leg practises without aid	Arms out wide, arms by side, arms across check
Walking arms practises	
P&G to backstroke legs	Over different distances
Full stroke over short distances (no aids)	Distance challenge 5m-10m
Self Rescue/Water Safety	
How to lay on back and breath steadily for 60-90 secs before taking action	
Help position	
International distress signal	
Wearing outdoor clothes over the top of swimwear	

Note: The head is very important in swimming, it controls and directs a lot of the movement. For example: If the head raises the lower body will drop. If the head is lowered the lower body will rise.



Regaining Feet – Front Position

Regaining Feet – Back Position

