

School Swimming Red Group



School

Teacher

Day/Time

Name	Medical Details i.e. epilepsy, Autism, ADHD, Asthma, Visual/Auditory impairment	Week Commencing														Outcomes																I can Awards				
		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 1								Award 2								Jump in	Front float	Back Float	Roll Over	Swim
		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					
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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	FP = Activities that lead to front paddle including traveling and floating	SR = Self Rescue
	WS=Water Safety Week		BP=Activities that lead to back paddle including traveling and floating	WC = Water Confidence

- Award 1** (All outcomes can be completed with or without aids)
- 1 Enter the water safely
 - 2 Move forwards, backwards and sideways for a distance of 5m
 - 3 Scoop the water to wash face and be at ease with water from overhead
 - 4 Blow bubbles a minimum of 3 times with mouth and nose submerged
 - 5 Take part in a teacher led partner orientated game
 - 6 Demonstrate an understanding of the pool rules
 - 7 Recognise and understand beach flags
 - 8 Exit the water safely

- Award 2** (All outcomes can be completed with or without aids)
- 1 Enter the water safely
 - 2 Move into a stretched floating position using aids, equipment or support
 - 3 Regain an upright position from floating on the front
 - 4 Regain an upright position from floating on the back
 - 5 Push and glide in a horizontal position to or from the pool wall
 - 6 Travel on the front and back for a distance of 5m
 - 7 Have an understanding of the water safely code
 - 8 Exit the water safely

ACTIVITY IDEAS

Water Confidence

- Washing face
- Regaining feet on front (see image)
- Regaining feet on back (see image)
- Blowing Bubbles
- Partner games
- Submerging
- Pushing floating objects across the pool
- Turning from back to front
- Turning from front to back

Front Paddle

- Walking across the pool stretching and scooping hands
- Jumping across the pool
- Skipping across the pool
- Floating on front e.g. star float using woggle or floats
- Holding side of pool kicking legs on front
- Swimming on front with woggle kicking legs, stretching and scooping with hands

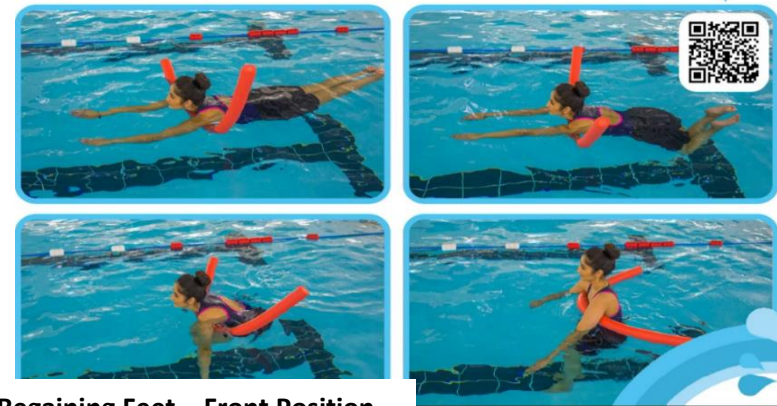
Back Paddle

- Walking backwards looking at the ceiling
- Holding onto side floating on back
- Floating on the back e.g. star float using woggle or floats
- Swimming on back with woggle kicking legs, looking at ceiling

Self Rescue

- Discuss difference between weight of clothes when dry vs wet
- Slide in entry with clothes on
- Walk around pool feeling how it affects movement
- Lie on floats with aids (if able)
- Introduce International Distress Signal

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

