

School Swimming Gold Group



School _____

Teacher _____

Day/Time _____

Name	Medical Details i.e. epilepsy, Autism, ADHD, Asthma, Visual/Auditory impairment	Week Commencing												Outcomes																				Distance Award		
		13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	Aquatic Skills Award								Self Rescue Award										50m	100m	200m			
		A/FC	BS/S	BRS	FC/BS	BRS/S	HT	SR/FC	WS	SR/FC	FC/BRS	FC/A	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	9	10						
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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

Aquatics Skills Award

- 1 Enter the water safely
- 2 Submerge to pick up an object from the pool floor (full reach depth)
- 3 Swim 10m Front crawl, Breaststroke or Backstroke (two out of three must be chosen)
- 4 Swim 25m (own choice of stroke)
- 5 Participate part in a game of mini polo
- 6 In groups of 3+ perform a movement sequence of one minute incorporating a number of different skills e.g. sculling, treading water, floating, rotation
- 7 Exit the water safely
- 8 Discuss in your group the tactics and skills used and evaluate them

Self Rescue Award

- 1 Enter the water safely (swivel entry or straddle jump)
- 2 Tread water for 20secs
- 3 Float or scull waving one arm and shout for help
- 4 Swim 25m to floating object (own choice of stroke)
- 5 Demonstrate the HELP position
- 6 Swim 10m retaining a floating object
- 7 In groups demonstrate the Huddle position
- 8 Swim using a long front paddle to the side (survival stroke)
- 9 Exit the pool from at least full reach depth without using the steps
- 10 Discuss as a group when the above skills might be used to self-rescue in different situations

ACTIVITY IDEAS

Skills Practises ideas

Submersion	Hoops, sinkers, treasure game (teams or pairs), collect a colour, pick an object from pool floor
Treading water	With and without aids, could introduce an element of water polo
Shout and signal rescues	In pairs, clear hand gestures and voice commands, reassurance and no contact
Water polo	Treading water, throwing and catching drills, mini games, target practise.

Regaining Feet (Front & Back) See image

Front Crawl

	<u>Activity Ideas</u>
Distance practises	From a push and glide, as part of a command game, how far can they swim in X minutes
Streamlined practises, leg kick only	Leg kick only, arms outstretched, arms only focusing on long reach and correct head position Speed drills legs only
Tumble crawl	1,3,5 strokes frontcrawl then swap to back in corkscrew action
P&G 25m 50m 100m 200m as skill level permits	Distance challenges, with rotation
Frontcrawl and rotating into backstroke	

Backstroke

	<u>Activity Ideas</u>
Leg practises	Legs only, arms in streamlined position or by side,
Arm practises	Introduce shoulder rotation and deep pull
Full stroke over different distances	Distance challenge 5m-10m

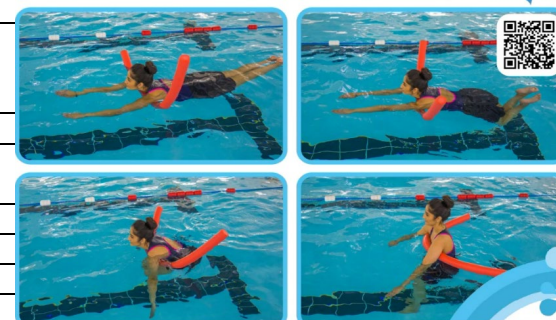
Breaststroke

Introduce brs legs with woggle	Can be done as part of a command game, changing direction, 4 corner game
Full stroke practise with woggle	Focus on timing and completing arm and leg action correctly
Full stroke over increasing distances	Focus on glide and timing
Treading water with BRS leg kick	

Self Rescue

	<u>Activity Ideas</u>
How to lay on back and breath steadily for 60-90 secs before taking action	
Help position/huddle	
International distress signal	
Wearing outdoor clothes over the top of swimwear.	
Scenarios	e.g. fall from a boat, stop & think, retrieve an object, help/huddle position then IDS
Swimming with clothes on (as skill level permits)	

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

