

School Swimming Green 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	Award 5										Award 6										25m	50m	
		A/FC	BS/S	BRS	FC/BS	SR/FC	HT	A/FC	WS	SR/FC	FC/BRS	FC/A	1	2	3	4	5	6	7	8	9	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

Award 5 (All outcomes can be completed without aids)

- 1 Enter the water safely from a jump
- 2 Kick 10m Backstroke (one item of equipment may be used)
- 3 Kick 10m Front crawl (one item of equipment may be used)
- 4 Kick 10m Butterfly or Breaststroke on the front or back (one item of equipment may be used)
- 5 Travel on back and roll in one continuous movement onto front
- 6 Travel on front and roll in one continuous movement onto back
- 7 Swim 10m (own choice of stroke)
- 8 Perform a shout and signal rescue
- 9 Exit the water safely

Award 6 (All outcomes can be completed without aids)

- 1 Perform three different jumps into deep water (one must be a straddle jump)
- 2 Perform a horizontal stationary scull on back
- 3 Perform a feet first sculling action on the back
- 4 Perform a feet first sculling action on the back
- 5 Perform a sculling sequence with a partner for 30-45secs to include a rotation
- 6 Tread water for 30secs
- 7 Perform a handstand and hold for a minimum of three seconds
- 8 Perform a forward somersault, tucked in the water
- 9 Swim 10m in clothes
- 10 Exit deep water without the use of steps

ACTIVITY IDEAS

Skills Practises ideas

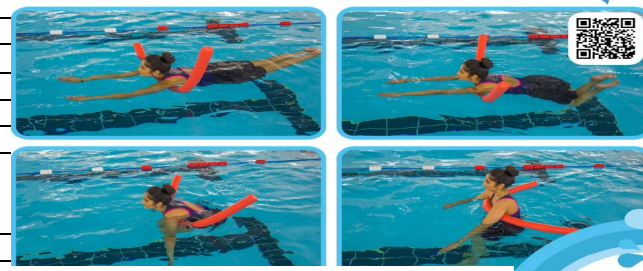
Skills Practises ideas	Activity Ideas
Submersion	Hoops, sinkers, treasure game (teams or pairs), collect a colour
Rotations-log & somersault	Use hoops or woggles, include travel, include as part of a command game
	Own choice, linking shapes, command games e.g. Simon says, weather game, mirroring in pairs
Treading water	With and without aids, could introduce an element of water polo
Different entries	Swivel, straddle (dive if permitted), pencil jump, tuck
Sculling	Head first, feet first, changing direction,
Shout and signal rescues	In pairs, clear hand gestures and voice commands, reassurance and no contact

Regaining feet (front & back) see image

Front Crawl

Front Crawl	Activity Ideas
Distance practises	From a push and glide, as part of a command game, how far can they swim in X minutes
Leg kick practises with/without woggle	Distance challenges, races, 4 corner game,
Breathing practises with woggles	One arm on woggle-rolling to the side to breath, blowing bubbles in a woggle hoop
Short distances practises focusing on breathing	High elbows, stretching arms forward with shoulder roll
P&G 10m 25m 50m	Distance challenges, with rotation
Frontcrawl and rotating into backstroke	

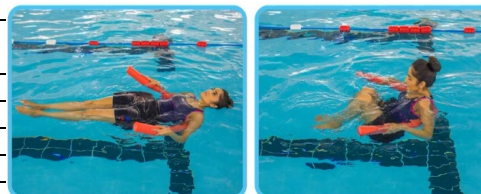
Note: The head is very important in swimming, it controls and directs a lot of the movement. For example: If the head raises the lower body will drop. If the head is lowered the lower body will rise.



Regaining Feet – Front Position

Backstroke

Backstroke	Activity Ideas
	Races, different distances, with rotation
Leg practises (arms in different positions, with or without woggle)	
Arm practises	One at a time to get action right, together but slowly to get 2 arm timing right
P&G to backstroke legs	Over different distances, with arms extended or by side
Full stroke over different distances	Distance challenge 5m-10m
Backstroke and rotating onto front into frontcrawl	Tuck or log to rotate.



Regaining Feet – Back Position

Breaststroke

Breaststroke	Activity Ideas
Introduce brs legs with woggle	Can be done as part of a command game, changing direction, 4 corner game
Introduce arm action- walking first	
Arm action on woggle	Legs can do alternating kick or be still
Full stroke practise with woggle	Focus on timing and completing arm and leg action correctly
Short distance full stroke	
Treading water using woggle and BRS leg kick	



Self Rescue

Self Rescue	Activity Ideas
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	
Swimming with clothes on (as skill level permits)	