

Leeds Primary School

Swimming Scheme Framework

Aims and Guidance

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Awards Overview

Key Stage 2 Red Group Scheme and Assessment

Key Stage 2 Amber Group Scheme and Assessment

Key Stage 2 Green Group Scheme and Assessment

Key Stage 2 Gold Group Scheme and Assessment



Autumn Term 2019

Key Stage 2 Primary School Swimming Scheme Framework

Aims

- ◆ Provide a framework for all involved in school swimming
- ◆ Provide a mechanism for recording attainments
- ◆ Improve school swimming attainments
- ◆ Use Swim England National Curriculum Training Programme CPD to support the framework

Guidance Notes

All Leeds Primary Schools & Leisure Centres to receive the Key Stage 2 Primary School Swimming Framework electronically.

Schools to print off and create a folder for the schemes of work and assessment sheets.

Schools to retain the folder, and take responsibility for it.

School teachers should ideally write a lesson plan for each lesson using the scheme of work.

After the last lesson the assessment sheets can be used to measure attainments.

Professional Development

The Swim England National Curriculum Training Programme course, "Fundamentals and Aquatic Skills" provides training for school teachers on the Swim England School Swimming Charter.

National Curriculum Training Programme courses are run by Active Leeds. Further details on next page

Assessments:

Assessments take place half termly

Each teacher (school or leisure centre) has an assessment sheet for their group

Assessment weeks are booked into the scheme of work. Ideally we want to spend more time teaching and less time assessing

Where leisure teachers do the majority of the teaching and school teachers are free then the school teachers can help with the assessments.

Once a child has completed an outcome the box on the assessment sheet needs to be initialled and dated. The school then has accurate up to date data.

Once all outcomes have been completed then the swimmer moves groups but if this isn't possible then they stay in the group but work to the next award outcomes until the whole group can move to the next award

Awards:

Schools are encouraged to adopt the Swim England School Swimming Charter as it provides the framework for primary school swimming, click on the link to check out the starter pack, awards and resources <http://www.swimming.org/schoolswimming/asa-school-swimming-charter/>

The Swim England Rainbow Distance Awards provide an incentive to pupil's progression and are available from the leisure centre reception.

National Curriculum Training Programme

**Are you looking to upskill your staff to teach swimming?
We offer a course specifically designed for primary school teachers,
equipping staff with the skills and knowledge they need
to deliver high quality school swimming lessons**

Who can attend?

Open to any person working within a primary school swimming programme; teachers, classroom assistants, learning support staff, caretaker, parents, other helpers

Course Information

Active Leeds provide a 2-in-1 course for candidates to ensure after two days they have the knowledge to either assist or lead a group for their swimming

The two day course has both theory and pool practical elements, allowing candidates to put in to practice what is learnt in the classroom

Dates: 23rd & 30th September 2019

Time: 9.00-5.00pm

Venue: John Charles Centre for Sport, Middleton Grove, LS11 5DJ

Cost: £150.00

By the end of the course candidates should be able to:

Identify swimming & water safety requirements for the national curriculum standards

Understand aspects of health & safety and an organised learning environment

Introduction to swim strokes & develop skills to analyse (faults, causes & corrections)

Design lesson plans & delivery methods

*Key communications; feedback, skill development, questioning
& much more*

To book a place please email sport@leeds.gov.uk

Red Group

Outcomes to be completed with or without aids

Award 1

- 1) Enter the water safely (using steps or swivel entry)
- 2) Move forwards, backwards and sideways for a distance of 5m
- 3) Scoop the water to wash face and hair and be at ease with water from overhead
- 4) Blow bubbles a minimum of three times with nose and mouth submerged
- 5) Take part in a teacher led partner orientated game
- 6) Demonstrate an understanding of pool rules
- 7) Recognise and understand beach flags
- 8) Exit the water safely

Award 2

- 1) Enter the water safely (using steps, swivel entry or a jump)
- 2) Move into a stretched floating position using aids, equipment or support
- 3) Regain an upright position from floating on the front (aids may be used)
- 4) Regain an upright position from floating on the back (aids may be used)
- 5) Push and glide in a horizontal position to or from the pool wall
- 6) Travel on the back and front for a distance of 5m (aids may be used)
- 7) Have an understanding of the water safety code
- 8) Exit the water safely

Amber Group

Outcomes to be completed with or without aids

Award 3

- 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

Outcomes to be completed without aids

Award 4

- 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

Green Group

Outcomes to be completed without aids

Award 5

- 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

Outcomes to be completed without aids

Award 6

- 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

Gold Group

Aquatic 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 three or more perform a movement sequence of one minute incorporating a number of different skills eg 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

Gold Group

Swimming Challenge Awards

Bronze

- 1) Jump into water of at least full reach depth.
- 2) Swim 10m, surface dive into water of at least full reach depth and swim underwater for a distance of 5m.
- 3) Tread water in a vertical position for three minutes.
- 4) Scull head first on the back for 15m with the feet at or near the surface.
- 5) Swim 400m using 2 strokes (changes of stroke can only occur at the completion of a length of the pool) a minimum of 100m is to be swum on each stroke.
- 6) Climb out at the deep end with no assistance.

Silver

- 1) Plunge dive into water of at least full reach depth.
- 2) Swim 100m in less than three minutes using any stroke. A change of stroke may only occur at the completion of a length of the pool.
- 3) Tread water for 2 minutes with one hand behind the back.
- 4) Swim 10m followed immediately by two surface dives of full reach depth, one head first and one feet first bringing an object to the surface each time.
- 5) Scull head first on the back for 10m and then return by sculling feet first. A flat horizontal position must be maintained throughout.

Silver cont...

- 6) Swim 800m: 400m on front and 400 on back. A change of stroke may only occur every 50m.
- 7) Climb out at the deep end without assistance

Gold

- 1) Plunge dive into water of at least full reach depth and swim 100m in two minutes, 30 seconds or less, using 2 different strokes 50m of each.
- 2) Tread water for three minutes with one hand above the head throughout. The arm raised may be changed no more than 5 times.
- 3) Scull head first on back for 10m, move into a tucked position and turn 360° keeping the head above water. Return to the starting point by sculling feet first with the feet near or at the surface throughout and the hands close to the hips.
- 4) Swim 10m perform a somersault without touching the pool bottom and continue to swim for another 10m.
- 5) Swim 800m using three of the following strokes: Front crawl, Backstroke, Breaststroke, Butterfly.
- 6) Climb out of the deep end without assistance.
- 7) Travel 5m on the front; rotate onto the back and kick 5m to the side.
- 8) Travel 5m away from the side and without touching the bottom show a vertical position for three seconds before travelling back to the side.

Gold Group

Swimming Survival/Safety Awards

Preliminary Safety Skills Award

- 1) Enter water with a swivel entry, walk 5m away from the side, turn 180° and re-turn to the side.
- 2) Jump into shoulder depth water, turn hold onto the side, travel hand over hand to the steps and climb out.
- 3) Enter the water of a least full reach depth using a swivel entry; remove both hands and rotate 360°, hold the side and exit the water.
- 4) Enter water of at least full reach depth using a swivel entry; hold the side with one hand; release the hand and tread water for 10 seconds; hold the side then exit the water.
- 5) Travel 5m on the front; rotate onto the back and kick 5m to the side.
- 6) Travel 5m away from the side and without touching the bottom show a vertical position for three seconds before travelling back to the side.
- 7) In shoulder depth water and without touching the side fully submerge the head showing confidence and control

Personal Survival Level 1

Examiners notes and guidance

Pupils should take the tests in the order listed without any pauses and without making contact with the pool walls or floor.

Examiners notes and guidance cont...

If pupils are unable to remember the complete sequence, instruction may be given by the teacher during which the pupils must tread water.

The strokes used should be at the very least efficient, i.e. smooth, controlled and stress free but not necessary complying with Swim England laws

Goggles should not be worn unless water conditions make it advisable.

Circuits rather than lengths should be swum and pupils must wear clothing throughout these awards

Everyday clothes must be worn with swimwear.

Long sleeved shirt, long sleeved jumper and trousers or a skirt.

Criteria for level 1

- 1) Enter water of at least full reach depth from the side of the pool by sliding in from a sitting position.
- 2) Tread water for two minutes.
- 3) Swim 25m to a floating object
- 4) Take up and hold the H.E.L.P. position for 5 minutes in water of at least full reach depth.
- 5) Swim 50m retaining the floating object.
- 6) Climb out from water of at least full reach depth without using the steps, rails, or any other assistance.
- 7) Answer three questions on when the skills learnt might be used.

Gold Group

Personal Survival Level 2

Criteria for level 2

- 1) Enter water of at least full reach depth using a straddle entry.
- 2) Tread water for two minutes with one arm out of the water (the raised arm to be above the head throughout, the pupil may change arms twice during the two minutes).
- 3) Swim 25m to a floating object.
- 4) Take up and hold the H.E.L.P. position for 6 minutes.
- 5) Participate in a HUDDLE for two minutes using any floating object for support with at least two other similarly clothed swimmers who may also be candidates.
- 6) Swim 100m retaining a floating object.
- 7) Climb out from water of at least full depth without using the steps or rail.
- 8) Answer three questions on when the skills learned might be used.

Stage 8 Awards

Competitive Swimming Award

- 1) Complete a set LASTING 400m (e.g. 16x 25) on a specific turnaround time set by the teacher/coach (e.g. 1 minute for each 25m).
- 2) Swim 400m continuously using 1 stroke.
- 3) Kick 25m Backstroke with/without* using a board.
- 4) Kick 25m Breaststroke with/without* using a board.
- 5) Kick 25m Butterfly with/without* using a board.
- 6) Kick 25m Front crawl with/without* using a board.
- 7) Perform a Backstroke turn from 10m in to 15m out.
- 8) Perform a Breaststroke turn from 10m in to 15m out.
- 9) Perform a Butterfly turn from 10m in to 15m out.
- 10) Perform a Front crawl turn 10m in to 15m out.

*swimmers choice

Gold Group

Diving Award

- 1) Perform a sequence of three jumps and on the third, rotate around the vertical axis (All to be performed in waist deep water)
- 2) Push and Glide into a forward tucked somersault and finish in a upright position.
- 3) Push and Glide into a forward somersault pike and finish in a upright position.
- 4) Push and Glide on front and perform a 1/2 twist onto back.
- 5) Perform a sitting pike line up on the pool deck (dry land skill progression). Sit on the poolside with legs together straight out in front, toes pointed. Flat back with arms straight above head with hands grabbed in a line up position. Fold to pike shape hands reach to toes, arms move out to open T position without moving chest. Sit up keeping arms fixed in T position keeping the back flat and hands then return to start position.
- 6) Perform a Sitting Dive with hands grabbed.

NOTE – CARE MUST BE TAKEN AND SUITABLE POOL DEPTH USED FOR THESE SKILLS.

SITTING DIVES CAN BE UNDERTAKEN IN DECK LEVEL POOLS WITH FEET PLACED AGAINST THE WALL AS LONG AS THE DEPTH IS SUITABLE.

EMPHASIS IS ON THE BODY ACTION AND CONTROL DURING THE SKILL.

Synchronised swimming

- 1) Demonstrate a stationary floating position with good body extension and controlled start and finish.
- 2) Demonstrate counting to music using two different tempos.
- 3) Swim 5m using synchro backstroke, then 5m with a variation.
- 4) Swim 5m using synchro breaststroke, then 5 with a variation.
- 5) In a back layout scull continuously 3m head first and return travelling feet first.
- 6) Using a buoyancy aid perform a back layout before finishing with a bent knee position.
- 7) Perform a Tub
- 8) Perform a 45 second to a one minute sequence to music using a variety of skills learnt previously.

Swim England School Swimming Framework Awards 1 & 2

Week	Warm Up	Main Theme	Contrasting Activity
Autumn Term 1 Swim Week 1 <i>w/c 9th Sept</i>	Health and Safety Induction 10 minutes max	Swimming Assessments	Fundamental movement activities With supports!!! Walking, running, hopping, jumping etc.
Autumn Term 1 Swim Week 2 <i>w/c 16th Sept</i>	Fundamental movement activities Walking, running, jumping With supports	Floatation (using various aids) Then standing up from front and back floating positions	Water confidence Blowing bubbles working in pairs or small groups
Autumn Term 1 Swim Week 3 <i>w/c 23rd Sept</i>	Floating activities with supports Then - standing up from front and back floating positions	Travel (Using a variety of aids) Introducing kicking using an alternating kick on their fronts or backs	Face and hair washing activities in groups or pairs or, if confident, a submersion game
Autumn Term 1 Swim Week 4 <i>w/c 30th Sept</i>	Floatation front and back Then standing up	Movement with feet off floor holding a woggle or floats front or back	Activity involving travel using the arms to assist movement (FC STYLE) and (BK STYLE)

Swim England School Swimming Framework Awards 1 & 2

Week	Warm Up	Main Theme	Contrasting Activity
Autumn Term 1 Swim Week 5 <i>w/c 7th Oct</i>	Movement using floats woggles etc. with feet off the floor front or back	Attempting short distance swims using supports on front or back	Introduction to push and glides Front & back
Autumn Term 1 Swim Week 6 <i>w/c 14th Oct</i>	Tag games etc. Should include travel on front and back	Introducing Breaststroke legs using floats, woggles etc. on front or back	Submersion activities in groups
Autumn Term 1 Swim Week 7 <i>w/c 21st Oct</i>	Teacher led orientation game using the fundamental movement skills(5mins)	Assessments against the award outcomes Record results (15mins)	"Show & tell" Let pupils demonstrate some of the things they have learnt during the first set of lessons
HALF TERM w/c 28th October			
Autumn Term 2 Swim Week 8 <i>w/c 4th Nov</i>	Floating on front and back and making sure they now know how to stand up	Travel on front or back in pairs or groups Not one at a time!!	Breaststroke legs on back or front with supports
Autumn Term 2 Swim Week 9 <i>w/c 11th Nov</i>	Push and glides front & back	Kicking on front and back using an alternating kick Introduce arms and short distance full stroke with supports if needed	Attempt any underwater collection activities in pairs or small groups

Swim England School Swimming Framework Awards 1 & 2

Week	Warm Up	Main Theme	Contrasting Activity
Autumn Term 2 Swim Week 10 <i>w/c 18th Nov</i>	Travel Activity in groups (5mins)	Attempting short distance swims front or back with supports Progress if they are good enough without supports	Attempt push and glide on front (face in water) Attempt the same but on back Arms by side or in front
Autumn Term 2 Swim Week 11 <i>w/c 25th Nov</i>	Push and Glides with floats Into travel using legs alternating kick or breaststroke kick	Attempting to swim 5m unaided if possible If they succeed issue them a distance badge slip	5 mins Introduction to deeper water with supports If they are confident, minimal travel in deeper water
Autumn Term 2 Swim Week 12 <i>w/c 2nd Dec</i>	Jumping in and travel	TEACHER'S CHOICE (NOT FREE PLAY!)	Attempt 5m swim If they succeed issue them a distance badge slip
Autumn Term 2 Swim Week 13 <i>w/c 9th Dec</i>	Teacher led orientation games/travel	Assessment against the award outcomes and record results (15mins)	ANY CHILDREN THAT HAVE COMPLETED ALL OUTCOMES MOVE TO AMBER GROUP
END OF TERM			

Swim England School Swimming Framework Awards 1 & 2

Outcomes to be completed with or without aids

School Name	Teacher's Name	Pupil's Name	1.1 Enter the water safely (using steps or swivel entry)	1.2 Move forwards, backwards and sideways for a distance of 5m	1.3 Scoop the water to wash face and hair and be at ease with water from overhead	1.4 Blow bubbles a minimum of three times with nose and mouth submerged	1.5 Take part in a teacher led partner orientated game	1.6 Demonstrate an understanding of pool rules	1.7 Recognise and understand beach flags	1.8 Exit the water safely	2.1 Enter the water safely (using steps, swivel entry or a jump)	2.2 Move into a stretched floating position using aids, equipment or support	2.3 Regain an upright position from floating on the front (aids may be used)	2.4 Regain an upright position from floating on the back (aids may be used)	2.5 Push and glide in a horizontal position to or from the pool wall	2.6 Travel on the back and front for a distance of 5m (aids may be used)	2.7 Have an understanding of the water safety code	2.8 Exit the water safely
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Children who've not completed all the outcomes for Awards 1 & 2 should repeat the scheme of work for a second term

Swim England School Swimming Framework Awards 3 & 4

Week	Warm Up	Main Theme	Contrasting Activity
Autumn Term 1 Swim Week 1 <i>w/c 9th Sept</i>	Health and Safety Induction MAX 10 MINUTES	Swimming assessments	Movement games with and without aids Safe exit
Autumn Term 1 Swim Week 2 <i>w/c 16th Sept</i>	Water confidence Underwater exploration, through hoops and with sinkers	Travel activities on front and back	Floating activities leading to push and glide, front & back (with or without an object)
Autumn Term 1 Swim Week 3 <i>w/c 23rd Sept</i>	Recap push and glides front and back	Alternating strokes, front and back	Push and glide with rotations (front to back and back to front)
Autumn Term 1 Swim Week 4 <i>w/c 30th Sept</i>	Push and glide on front. With rotations leading to log rolls both ways	Focus on Front Crawl introducing full stroke short distance	In small groups show them a floating sequence (minimum of 3 shapes), ideally without supports
Autumn Term 1 Swim Week 5 <i>w/c 7th Oct</i>	Travel then submerge and collect three objects rhythmically	Travel activities front and back (aim for 5m to 10m) If they succeed issue them a distance badge slip	In small groups teaching each other somersaults or handstands, with your advice

Swim England School Swimming Framework Awards 3 & 4

Week	Warm Up	Main Theme	Contrasting Activity
Autumn Term 1 Swim Week 6 <i>w/c 14th Oct</i>	Short distance swimming on back	Breaststroke working on kick, then introducing arms	Floating sequence (minimum of 3 per group) ideally without supports but now to including a rotation
Autumn Term 1 Swim Week 7 <i>w/c 21st Oct</i>	Travel activities e.g. Tag, follow the leader etc. (5mins)	Assessments against the award outcomes and record (15mins) If they succeed issue them a distance badge slip	Attempting 25m with minimal support
HALF TERM w/c 28th October			
Autumn Term 2 Swim Week 8 <i>w/c 4th Nov</i>	Pupil led five minute recap of activities learned last half term	Travel activities unaided FC working on developing kicking / full stroke over increasing distances	Attempting short distance backstroke using minimal aids
Autumn Term 2 Swim Week 9 <i>w/c 11th Nov</i>	5/10m travel, rotate, return (ideally unaided)	Breaststroke Drills and kicking aiming for a balanced whip kick action	Backstroke check to see how far can they swim can they do 10m using their arms and legs

Swim England School Swimming Framework Awards 3 & 4

Week	Warm Up	Main Theme	Contrasting Activity
Autumn Term 2 Swim Week 10 <i>w/c 18th Nov</i>	Travel activities Using the swimmers favourite stroke	Front Crawl practices	25m swim using minimal or if confident no supports
Autumn Term 2 Swim Week 11 <i>w/c 25th Nov</i>	Attempt head up Front Crawl over short distances and then with their faces in the water	Breaststroke full stroke Kicking on front and back then full stroke practices	Underwater exploration Attempt a handstand or forward somersault
Autumn Term 2 Swim Week 12 <i>w/c 2nd Dec</i>	Kicking games, aim for 5-10secs constant kick	Attempt to travel 10m + front and back If any succeed let them try 25m if you are confident about their ability If they succeed issue them a distance badge slip	Floating on back leading to an introduction of sculling
Autumn Term 2 Swim Week 13 <i>w/c 9th Dec</i>	Travel activities (5mins)	Assessment against the award outcomes and record (15mins)	Various relay races
END OF TERM			

Outcomes for Award 3 can be completed with or without aids. Outcomes for Award 4 to be completed without aids

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Swim England School Swimming Framework Awards 5 & 6

Week	Warm up	Main theme	Contrasting Activity
Autumn Term 1 Swim Week 1 <i>w/c 9th Sept</i>	Health and Safety Induction MAX 10 MINS	Swimming assessments	Travel games unaided and aided
Autumn Term 1 Swim Week 2 <i>w/c 16th Sept</i>	Demonstrate different kinds of safe entries 5 or 6 times	Backstroke Various kicking practices Use drills to teach and correct arm actions Full Stroke	Sculling activities Stationary, head and feet first
Autumn Term 1 Swim Week 3 <i>w/c 23rd Sept</i>	Travel on front Breaststroke, Front crawl or Fly	Kicking on front (Front Crawl) Rotate on to back Progress to full strokes	Attempting forward somersaults Then push and glides to somersault
Autumn Term 1 Swim Week 4 <i>w/c 30th Sept</i>	Various kicking activities (front & back) and include rotations	Front Crawl Progressive kicking practices Attempt arm action with correct breathing to the side technique	In pairs Handstands (or surface dives) and somersaults
Autumn Term 1 Swim Week 5 <i>w/c 7th Oct</i>	Recap full stroke Front Crawl	Breaststroke practices, to include kicking and full stroke	Treading water game, passing a ball to each other

Swim England School Swimming Framework Awards 5 & 6

Week	Warm up	Main theme	Contrasting Activity
Autumn Term 1 Swim Week 6 <i>w/c 14th Oct</i>	Backstroke drills to include kicking	Distance swims on all strokes recording the results	Recap Breaststroke working on timing Arms - legs - glide
Autumn Term 1 Swim Week 7 <i>w/c 21st Oct</i>	25m swims	Assessments against the rest of the award outcomes and record (15mins)	Various relay races Swimming, kicking, sculling Safe exit
HALF TERM w/c 28th October			
Autumn Term 2 Swim Week 8 <i>w/c 4th Nov</i>	Various safe jumping entries (introduce the straddle jump) Attempt 10m Front Crawl or Backstroke	Breaststroke Kicking practices and full stroke	Floating activities, then move from floating to sculling
Autumn Term 2 Swim Week 9 <i>w/c 11th Nov</i>	Treading water, see who can last the longest	Backstroke Practices Kicking, drills, full stroke	In pairs, create a sculling / movement sequence lasting 2 minutes

Swim England School Swimming Framework Awards 5 & 6

Week	Warm up	Main theme	Contrasting Activity
Autumn Term 2 Swim Week 10 <i>w/c 18th Nov</i>	Travel with rotations and submersion	Front Crawl practices and increasing distance swims	Developing the sculling / movement sequence from week 9 Safe exit
Autumn Term 2 Swim Week 11 <i>w/c 25th Nov</i>	Distance swimming "How far can you swim?"	Introduce Water polo skills Treading water Passing a ball Throwing Tactics	In pairs in shallow water Handstands In deeper water surface dives and somersaults. Safe exit
Autumn Term 2 Swim Week 12 <i>w/c 2nd Dec</i>	Swimming in a T-shirt "How far can you swim?"	Breaststroke practices	In pairs develop movement sequence from weeks 9 & 10
Autumn Term 2 Swim Week 13 <i>w/c 9th Dec</i>	Swimming in a T-shirt "Can you beat last weeks distance"	Assessment against the award outcomes and record (15mins)	In pairs movement sequence competition to see which group is best
END OF TERM			

Swim England School Swimming Framework Awards 5 & 6

Outcomes for Award 5 & 6 to be completed without aids

[illegible]

Swim England School Swimming Framework Awards

Aquatic Skills & Self Rescue

Week	Warm up	Main theme	Contrasting Activity
Autumn Term 1 Swim Week 1 <i>w/c 9th Sept</i>	Health and Safety Induction MAX 10 MINUTES	Swimming assessments	Treading water games
Autumn Term 1 Swim Week 2 <i>w/c 16th Sept</i>	"How far can you swim?" Front Crawl, Backstroke, Breaststroke 10 Minutes If they succeed issue them a distance badge slip	Front Crawl Progressive practices for kicking, arms and breathing	In groups of two or three devise movement sequences for 2-3 minutes, should include sculling, floatation & rotation
Autumn Term 1 Swim Week 3 <i>w/c 23rd Sept</i>	Travel and submersion activities	Backstroke Progressive practices for kicking and arms	Water polo skills
Autumn Term 1 Swim Week 4 <i>w/c 30th Sept</i>	Demonstrate 5 or 6 safe entries	Breaststroke Progressive practices for kicking, arms and breathing	Attempt the HELP and Huddle positions
Autumn Term 1 Swim Week 5 <i>w/c 7th Oct</i>	Travel, short swims but change strokes without pause	Front Crawl distance swims recording the results	In small groups devise movement sequences of three or more actions

Swim England School Swimming Framework Awards

Aquatic Skills & Self Rescue

Week	Warm up	Main theme	Contrasting Activity
Autumn Term 1 Swim Week 6 <i>w/c 14th Oct</i>	Width swims to include; surface dives, somersaults, rotations	Working on weaker areas that need sorting before assessments	Try Butterfly
Autumn Term 1 Swim Week 7 <i>w/c 21st Oct</i>	Teachers choice of warm up	Assessments against the award outcomes (15mins)	Various Lifesaving relays Safe exit
HALF TERM w/c 28th October			
Autumn Term 2 Swim Week 8 <i>w/c 4th Nov</i>	Various safe entries and exits including, straddle, tuck and pencil	Breaststroke kicking drills Full stroke increasing distances.	HELP, Huddle, float and shout for help
Autumn Term 2 Swim Week 9 <i>w/c 11th Nov</i>	In full reach depth of water, submersion challenges	Distance challenge "how far can you swim in 10mins?" If they succeed issue them a distance badge slip	Water polo Develop tactics

Swim England School Swimming Framework Awards

Aquatic Skills & Self Rescue

Week	Warm up	Main theme	Contrasting Activity
Autumn Term 2 Swim Week 10 <i>w/c 18th Nov</i>	"How many strokes can you swim 10m of?"	Backstroke kicking drills Full stroke	Groups of three Develop a movement sequences for two minutes
Autumn Term 2 Swim Week 11 <i>w/c 25th Nov</i>	Introduce head up Front Paddle, arms pulling to thighs and recovering under water	Swim 25m to a floating object, perform HELP, then swim 10m carrying the object	Treading water games
Autumn Term 2 Swim Week 12 <i>w/c 2nd Dec</i>	Water polo skills Swimming with a ball, throwing, catching, shooting	Distance challenge "how far can you swim in 10mins?" If they succeed issue them a distance badge slip	Sculling activities Sequences, relays, rotations
Autumn Term 2 Swim Week 13 <i>w/c 9th Dec</i>	Butterfly Progressive practices for kicking, arms and breathing	Assessment against the award outcomes and record (15mins)	Water polo games
END OF TERM			

Swim England School Swimming Framework Awards Aquatic Skills & Self Rescue

Outcomes to be completed without aids

[illegible]