

Leeds Primary School

Swimming Scheme Framework

Aims and Guidance

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Awards Overview

Key Stage 2 Red Group Scheme and Assessment

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INTENSIVE

SPRING TERM 2018

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
- ♦ Work in partnership with the ASA by using the ASA School Swimming Charter and resources
- ♦ Use the ASA 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 not using LCC facilities will need to organise the process with their chosen provider.

Schools to print off and create a folder for the schemes of work and assessment sheets. The scheme sheets should be laminated. 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. Schools to hand the leisure teachers their assessment sheet prior to the lesson and return to the folder after the lesson.

After the last lesson the assessment sheets can be used to measure attainments. Data information at the end of each year should be returned to Active Schools—a proforma will be provided.

Professional Development

The ASA National Curriculum Training Programme course, "Fundamentals and Aquatic Skills" provides training for school teachers on the ASA School

Swimming Charter and courses are run by Sport & Active Lifestyles each year.

Assessments:

Assessments take place half termly on the sixth week

Each teacher (school or leisure) 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:

These awards can only be purchased by schools who've signed up to the School Swimming Charter with the ASA. All other schools could design their own certificates if they wish?

ASA Distance Awards can be purchased from the leisure centre reception

Key Stage 2 Primary School Swimming Scheme Framework

Continuing Professional Development Opportunities

ASA National Curriculum Training Programme

Fundamentals & Aquatic Skills Course

This is a two day courses, 0900-1700 held at John Smeaton Sports Centre, Smeaton Approach, Barwick Road, Leeds, LS15 8TA

Cost £150.00 email sport@leeds.gov.uk for a course registration form

Course 5: Tuesday's 19th & 26th June 2018

This course supports the ASA Primary School Swimming Framework and is designed to help anyone who attends primary school swimming.



Key Stage 2 Primary School Swimming Framework

ASA School Swimming Framework Awards



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



Key Stage 2 Primary School Swimming Framework

ASA School Swimming Framework Awards



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



Key Stage 2 Primary School Swimming Framework

ASA School Swimming Framework Additional Awards



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.
- 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 Group

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.
- 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.



Key Stage 2 Primary School Swimming Framework

ASA School Swimming Framework Additional Awards



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 return 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

Gold Group

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.

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 ASA 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.



Key Stage 2 Primary School Swimming Framework

ASA School Swimming Framework Additional Awards



Gold Group

Diving Award

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.

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.

Gold Group

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.



Key Stage 2 Primary School Swimming

Red Group



ASA School Swimming Framework Awards 1 & 2

Week 1	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	<p>Health and Safety Induction</p> <p>Explain what to do if they fall over then let them try on poolside before getting in the water</p>	<p>Safe entry</p> <p>Swimming assessments</p> <p>Try different strokes</p>	<p>Fundamental movement activities.</p> <p>Walking, running, hopping, jumping etc.</p> <p>Safe exit</p>	<p>1.1</p> <p>1.6</p> <p>1.8</p>
Day 2	<p>Entries– swivel & steps.</p> <p>Safe exits.</p>	<p>Water Confidence game to include face wetting & blowing bubbles.</p> <p>MOVE ANY CHILDREN THAT ARE IN WRONG GROUPS</p>	<p>Movement game-Walking, running, hopping, jumping etc.</p>	<p>1.1</p> <p>1.2</p> <p>1.3</p> <p>1.4</p> <p>1.8</p>
Day 3	<p>Recap entries swivel, steps.</p>	<p>Introduction to floating (front & back).</p> <p>Focus on regaining standing.</p>	<p>Activities to include blowing bubbles e.g. egg flip races.</p>	<p>1.1</p> <p>1.4</p> <p>1.8</p> <p>2.1</p> <p>2.2</p> <p>2.3</p> <p>2.4</p> <p>2.8</p>



Key Stage 2 Primary School Swimming

Red Group



ASA School Swimming Framework Awards 1 & 2

Week 2	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Fundamental movement activities.	Blowing + submersion + movement activities (individual & as group activities)	Floating activities (anything with feet off floor with various aids) Regaining standing Safe exit	1.1 2.3 1.2 2.4 1.4 1.8
Day 2	Jumping entries, in pairs (1 jumping one helping). Do not force swimmers to jump in.	Put swimmers into groups to help each other. Recap floating, (front & back). Focus on regaining standing then Introduce basic kicking on front with aids.	Group snake game. Walking, then progress to kicking. (hands on the ends of the woggle of person in front (not shoulders) , keep arms straight and lay down to kick legs.)	1.1 2.1 1.2 2.2 1.5 2.3 1.8 2.4 2.6 2.8
Day 3	Jumping entries, in pairs (1 jumping one helping).	Holding the side doing fc kick then In pairs , one walking backwards, the other holding their hands and kicking legs & trying to blow bubbles.	Hide and seek game or tag (get them hiding under the water if possible)	1.1 2.1 1.2 2.3 1.4 2.8 1.5 1.8



Key Stage 2 Primary School Swimming

Red Group



ASA School Swimming Framework Awards 1 & 2

Week 3	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Revisit regaining standing (from front and back)	Experiment with travel (use various aids, running, jumping, kicking)	Face washing activities Safe exit	1.1 1.2 1.3 1.8
Day 2	Game to include submer- sion and movement e.g. treasure hunt.	Split into small groups and practice floating on front (faces in where possible). 5 min Introduce short distance front crawl kick All together introduce front paddle.	Floating on backs. Use a variety of equipment, in pairs or groups.	1.1 2.1 1.5 2.2 1.8 2.4 2.6 2.8
Day 3	Jump then submerge. X 6 Encourage swimmers, do not force.	Assess against out- comes with minimal sup- port.	Free play. 5 minutes MAX.	All outcomes



Key Stage 2 Primary School Swimming

Red Group



ASA School Swimming Framework Awards 1 & 2

Week 4	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Movement activities that include blowing (bubbles)	Water safety bucket activities Make up scenarios and let them deal with the problem	Movement with feet off floor holding an object Safe exit	1.1 2.7 1.2 1.7 1.8
Day 2	Introduce the Water Safety Code.	In groups, help each other to do backstroke kick. With supports. Try backstroke kick without support.	With Amber group , basic water polo game. Let them catch & throw with two hands. Keep it friendly. No body contact	1.1 2.1 1.8 2.6 2.7 2.8
Day 3	Hide and seek tag game (hide under water).	Activities to encourage swimming on back. E.g. walking backwards doing arm actions. Then attempt full stroke.	Scuba diving game. Hunt for treasure on the sea bed. Put into small teams	1.1 2.1 1.2 2.6 1.5 2.8 1.8



Key Stage 2 Primary School Swimming

Red Group



ASA School Swimming Framework Awards 1 & 2

Week 5	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Games to recap understanding of beach flags	Floating in shapes with objects, leading to a stretched, streamline shape.	Floating and travel activities with objects Safe exit	1.1 2.7 1.2 2.8 1.7 1.8
Day 2	Lifesaving– shout & signal rescues. In groups of 2-3.	Introduce basic push & glides on front. Push and glide to front paddle.	Floating on back Floating on back and introduce sculling practices.	1.1 2.1 1.8 2.2 2.4 2.6 2.8
Day 3	Movement game. Get them to think of different arm actions they can use to move through the water.	Assessment's against award outcomes Push and glides to back-stroke kick. HALF TERM NEXT WEEK	Water polo game very basic 1 no body contact 2 2 handed catches. 3 1 handed throws As a full game or attack and defence	1.1 2.1 1.2 2.5 1.5 2.6 1.8 2.8



Key Stage 2 Primary School Swimming

Red Group



ASA School Swimming Framework Awards 1 & 2

Week 6	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Teacher led orientation game using the Fundamental movement skills (5mins)	Assessments against the award outcomes (15mins)	“Show & tell” (pupil-led activities which have been learned during the first half of term) (may be able to complete some more award outcomes here?) (10mins) Safe exit	1.1 – 1.8
Day 2	Pool rules Question & answer.	Push and glide on front to frontcrawl kick. Push and glide on front to short distance full stroke front paddle.	Introduction to deeper water using supports. Deeper water means deeper than they normally work in, NOT the deepest part of your pool. 5mins MAX.	1.1 2.1 1.6 2.5 1.8 2.6 2.8
Day 3	River game– swimming on front and back to see how many widths they can do in 5 minutes. (using minimal supports)	Front crawl practices using a variety of equipment.	Free play. MAX 5 mins.	1.1 2.1 1.2 2.6 1.8 2.8



Key Stage 2 Primary School Swimming

Red Group



ASA School Swimming Framework Awards 1 & 2

Week 7	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Pupil-led five minute re-cap of activities learned last half term	Washing faces, hair wetting activities leading to submersion	Floating shapes activities with objects and regain standing Safe exit	1.1 2.3 1.2 2.4 1.3 1.4 1.5 1.6 1.7 1.8
Day 2	Jump in entries to submersion x 5	Backstroke practices using a variety of equipment.	In small groups get them to devise a sequence of movements including-floating, movement, rotation, submersion.	1.1 2.1 1.2 2.2 1.8 2.6 2.8
Day 3	Short distance races-running kicking, swimming, hopping etc.	All groups 15 minute water polo game. All red group to wear supports.	Submersion Activity to include mushroom floats.	1.1 2.1 1.2 2.3 1.5 2.6 1.8 2.8



Key Stage 2 Primary School Swimming

Red Group



ASA School Swimming Framework Awards 1 & 2

Week 8	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Floating shapes followed by attempts at push and glides	Floating shapes into kicking on front and back	Attempt any underwater activities in pairs or small groups Safe exit	1.1 2.1 1.8 2.2 2.3 2.5 2.6 2.8
Day 2	Chasing game In pairs one sets off swimming, the other has to catch them.	Front crawl- Walking doing arms & breathing to the side. Kicking streamlined from push and glides, breathing to the side. Full stroke over increasing distances.	Mushroom floats leading to handstands.	1.1 2.1 1.2 2.3 1.5 2.6 1.8 2.8
Day 3	Simon Says-cover floating, movement, submersion.	Assessments against award outcomes (15 minutes)	Snake game Use front crawl kick in deeper water, with woggles.	1.1 2.1 1.2 2.8 1.5 1.8



Key Stage 2 Primary School Swimming

Red Group



ASA School Swimming Framework Awards 1 & 2

Week 9	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Travel games, front and back	Water safety bucket activities	Push and glide and attempt rotation Safe exit	1.1 2.1 1.7 2.6 1.8 2.7 2.8
Day 2	Crocodile game One swimmer has a woggle (crocodile) and the other swimmers have to avoid being eaten by swimming away.	Practicing width races- Woggles races, swimming on front, swimming on back, kicking with ball, running etc.	Water polo practices Passing & catching with one hand.	1.1 2.1 1.2 2.6 1.3 2.8 1.5 1.8
Day 3	Lifesaving. Set up an incident for the whole group. Include going for help etc. (10mins)	Attempting 25m with minimal support.	Free Play using body boards.	1.1 2.1 1.2 2.6 1.5 2.8 1.8



Key Stage 2 Primary School Swimming

Red Group



ASA School Swimming Framework Awards 1 & 2

Week 10	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Teacher –led orientation games/travel	Assessment against the award outcomes (15mins)	Submerge twice rhythmically to pick up two objects Safe exit	All outcomes
Day 2	Dolphin kick using own choice of equipment.	Distance assessments.	Water polo practice with amber group. Attack and defence Throwing and catching with	1.1 2.1 1.5 2.8 1.8
Day 3	RED GROUP SHORT DISTANCE RACES AND WATER POLO WITH AIDES	AMBER GROUP 10 METRE RACES SWIMMING, KICKING WATER POLO WITH MINIMUM SUPPORT FOR WEAKER SWIMMERS IF IN DEEP WATER		

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Key Stage 2 Primary School Swimming Amber Group



ASA School Swimming Framework Awards 3 & 4

Week 1	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Health and Safety Induction	Safe entry Swimming assessments	Movement games with and without aids. Safe exit	
Day 2	Safe entry and movement game	Water confidence practices. Make sure everyone is in the correct group for their ability.	Submersion games in pairs. Safe exit	
Day 3	Safe entry Jumping in (in pairs, assisting each other) X 4	Movement and submersion activities.	Simon says game covering floatation on front and back	



Key Stage 2 Primary School Swimming Amber Group



ASA School Swimming Framework Awards 3 & 4

Week 2	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Travel activities on front and back	Floating activities leading to push and glide, front & back (with and without an object)	Underwater exploration, through hoops and with sinkers Safe exit	3.1 4.1 3.2 4.8 3.3 3.8
Day 2	Safe entry Jump in and submerge x 3	Push and glides activities on front with travel (kicking) 5 -10 metres.	Collect three objects off the bottom of the pool one at time without pause Safe exit	
Day 3	Safe entry Blowing toys, egg flips races etc.	Recap push and glides on back with travel (kicking) 5-10 metres. Look for a good streamlined shape.	Running relay using fc arms to assist movement. Check for good arm technique.	



Key Stage 2 Primary School Swimming Amber Group



ASA School Swimming Framework Awards 3 & 4

Week 3	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Travel in different directions on front and back	Water safety bucket activities	Push and glide with rotations (front to back and back to front) Safe exit	3.1 4.1 3.7 4.4 3.8 4.5 4.8
Day 2	Circuit Use the corners to practice 4 different floatation skills change every 3 minutes.	Front crawl kick using games to encourage movement and introduce paddle	Races Kicking on their backs anyone putting their feet down starts again .	
Day 3	Introduce Water Safety code.	Assessment week Distance swims x 4 Record results	In groups teaching each other handstands	



Key Stage 2 Primary School Swimming Amber Group



ASA School Swimming Framework Awards 3 & 4

Week 4	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entries Floating sequence (minimum of 3), ideally without an object.	Push and glide on front to pool floor	Rotations around the horizontal (somersaults) and longitudinal (log rolls) axis. Safe exit	3.1 4.1 3.7 4.3 3.8 4.4 4.5
Day 2	Tag game for 5 minutes weaker swimmers could wear minimal supports.	Push and glides on back then with kick Push and glides on front then with kick Push and glides on front rotated on to back.	With the red group a very basic water polo game.	
Day 3	Life saving Shout and signal then casualty recognition, throwing rescues	Let the swimmers in groups of three or four develop a movement sequence using previously learnt skills	Submersion and movement game.	



Key Stage 2 Primary School Swimming Amber Group



ASA School Swimming Framework Awards 3 & 4

Week 5	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Submerge and collect three objects rhythmically.	Travel activities front and back with/without an object (aim for 5m)	Water safety Actions for help Safe exit	3.1 4.1 3.2 4.6 3.7 4.7 3.8 4.8 4.9
Day 2	Simon Says game including floatation & submer-sion.	Butterfly kick - walking doing arms – attempting full stroke	Floating on back then intro-duce sculling.	
Day 3	In pairs 5 minutes swim-ming through hoops or each other's legs.	Assessments against the award outcomes 15 minutes HALF TERM	Water safety revision session What to do if you fall in .	



Key Stage 2 Primary School Swimming Amber Group



ASA School Swimming Framework Awards 3 & 4

Week 6	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Travel activities e.g. Tag, follow the leader etc. (5mins)	Assessments against the award outcomes (15mins)	Floating shapes to finish in a tuck shape Safe exit	3.1 4.1 3.8 4.2 4.3 4.9
Day 2	Jumping into deeper water submerge then surface and swim back then climb out x4.	Body board swimming in pairs one doing arms and the other kicking then try without the boards and finish with full stroke	Floating sequence using flash cards .	
Day 3	Treasure hunt game in small teams - must involve submersion	Water polo practices Passing/catching (with two hands). Passing/catching (with one hand). Attack and defence .	Constructive free play. 5 minutes max.	



Key Stage 2 Primary School Swimming

Amber Group

ASA School Swimming Framework Awards 3 & 4



Week 7	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Pupil-led five minute recap of activities learned last half term.	Travel activities unaided front and back.	Floating sequence in pairs or small groups. Safe exit	3.1 4.1 3.8 4.3 4.3 4.7 4.9
Day 2	8 Widths odds FC evens BK make it a challenge if anyone puts their feet down start again.	Circuit style lesson on fly Split into 4 groups. Group 1 walking doing arms. Group 2 kicking on back. Group 3 kicking on front. Group 4 short distance swims .	Work on weakest skill/ outcome.	
Day 3	CHALLENGE Who can swim the most widths in 10minutes	All groups a 15/20 minute water polo game in deeper water Amber swimmers can wear arm supports	Work on weakest skill/ outcome.	



Key Stage 2 Primary School Swimming

Amber Group

ASA School Swimming Framework Awards 3 & 4



Week 8	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Water safety questions 5m travel, rotate, return (ideally unaided)	Introduce Breaststroke and Butterfly kick	Actions for Help in a game or activity Safe exit	3.1 4.1 3.7 4.6 3.8 4.8 4.9
Day 2	With minimal support in deeper water - treading water and passing a ball to each other.	Command Style Breaststroke leg kick practices using a range of floats.	Silent floating game Use flash cards to change shapes.	
Day 3	Challenge who can swim the most widths in 10 minutes.	ASSESSMENTS AGAINST OUTCOMES	Swimming with a water polo ball (head up front crawl) Make it a race or attack and defence.	



Key Stage 2 Primary School Swimming

Amber Group

ASA School Swimming Framework Awards 3 & 4



Week 9	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Kicking games, aim for 5-10secs constant kick.	Attempt to travel 10m front and back.	Floating on back leading to introduction of sculling. Safe exit	3.1 4.1 3.8 4.6 4.7 4.9
Day 2	8 widths fc Odd widths head up. Even widths head down (get them to tell you which is the easier stroke to do)	Practicing 25 metre swims wearing minimal supports to start with and then without if you think they are good enough	Water polo practice with red group. Attack and defence Throwing and catching with	
Day 3	Fly kicking on their fronts and backs and trying underwater.	Breaststroke practices.	Festival practice for races etc.	



Key Stage 2 Primary School Swimming

Amber Group

ASA School Swimming Framework Awards 3 & 4



Week 10	Warm up	Main theme	Contrasting Activity	Outcomes
Day 1	Safe entry Travel activities (5mins)	Assessment against the award outcomes (15mins)	Various relay races Safe exit	3.1 4.1 3.8 4.6 4.7 4.9
Day 2	10 widths- 2 x Frontcrawl 1 x Backstroke 1 x Fly kick 1 x Breaststroke X2	ASSESSMENTS Up to 4 attempts each.	Recap any outcome that has not been signed off.	
Day 3	RED GROUP SHORT DISTANCE RACES AND WATER POLO WITH AIDES	AMBER GROUP 10 METRE RACES SWIMMING, KICKING WATER POLO WITH MINIMUM SUPPORT FOR WEAKER SWIMMERS IF IN DEEP WATER		



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

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Key Stage 2 Primary School Swimming

Green Group

Week	Warm ups	Main themes	Contrasting Activities	Outcomes	
Swim week 1	Day 1 Health and Safety Induction. Days 2 and 3 Travel games.	Safe entry. Swimming assessments. ALL GROUPS Look at different strokes and distances OVER THIS WEEK	Day 1 Travel games unaided. Day 2 floatation various shapes. Day 3 Floatation and Sculling.	5.1 5.2 5.3 5.4 5.5 5.6 5.9	6.1 6.3 6.4 6.10
Swim week 2	Day 1 Demonstrate 4 or 5 different safe entries. Day 2 Demonstrate different deep water safe entries. Day 3 safe entry and swimming - tag game.	All week focus on Backstroke. Various kicking practices Introduce correct arm actions and in-creasing distances.	Day 1 Sculling activities and games. Day 2 Stationary, head and feet first and rotations. Day 3 movement sequence Safe exit.	5.1 5.2 5.5 5.7 5.9	6.1 6.2 6.3 6.4 6.5 6.10
Swim week 3	Day 1 travel on BK full stroke. Day 2 travel on front introduce Fly. Day 3 travel on front BR.	Day 1/2 focusing on FC Front Crawl. Various Kicking practices Drills to improve understanding Full stroke. Day 3 assessment against out-comes.	Working in small groups practicing Day 1 Forward somersaults. Day 2 Leading to push and glide and som-ersault. Day 3 tumble turns . Safe exit.	5.1 5.3 5.4 5.6 5.7 5.9	6.1 6.8 6.10
Swim week 4	DAYS 1 and 2 Various kicking activi-ties front and back and include rota-tions. DAY 3 DISTANCE CHALLENGE SEE HOW MANY WIDTHS THEY CAN DO IN 10 MINUTES.	Day 1 and 2 Breast stroke Progressive kicking practices Attempt arm actions with correct breathing technique. Day 3 water safety bucket Activities.	In small groups Handstands (or surface dives) and somersaults. Safe exit.	5.1 5.2 5.3 5.4 5.5 5.6 5.9	6.1 6.7 6.8 6.10
Swim week 5	Safe entry Recap full stroke Front Crawl. HALF TERM NEXT WEEK	Day 1 and 2 Butterfly practices. Kicking in various ways Drills—short distance full stroke. Day 3 distance assessments.	In the same groups as previous weeks practicing a basic movement sequence using previously learnt skills.	5.1 5.3 5.7 5.8 5.9	6.1 6.10

Swim week 6	Safe entry Any full swims.	Re assessments against the award outcomes. (15mins) Days 2 and 3 working on weaker strokes.	Various relay races A different one each day Swimming, kicking, sculling etc. Safe exit.	5.1 5.2 5.3 5.4 5.7 5.9	6.1 6.3 6.4 6.9 6.10
Swim week 7	Various safe jumping entries (introduce the Straddle jump) Attempt 10m Front Crawl or Backstroke.	Day 1 Dolphin kick and butterfly drills. Day 2 reach and throw rescues. Day 3 WATER POLO GAME ALL GROUPS	Floating activities, then move from floating to sculling. Safe exit. REMIND SWIMMERS TO BRING A TSHIRT FOR THE NEXT 2 WEEKS	5.1 5.4 5.7 5.9	6.1 6.2 6.3 6.4 6.5 6.10
Swim week 8	Day 1 Distance challenge “How far can you swim”? Day 2 throwing and reaching rescues Day 3 YOUR CHOICE	Day 1 WORK ON WEAKER OUTCOMES Day 2 Assessment against the award outcomes (SKILLS NOT DISTANCE) (15mins) Day 3 WATER POLO ALL GROUPS	GUIDED PLAY OR HELPING LOWER GROUPS	5.1 5.7 5.8 5.9	6.1 6.6 6.9 6.10
Swim week 9	Day 1 How many widths can they do in 5 minutes. Day 2 Treading water in a circle and passing a ball. Day 3 your choice .	Day 1 butterfly practices. Day 2 Practicing with the amber group doing distance swims . Day 3 Short distance races with gold group.	Day 1 submersion activities. Day 2 WATER SAFETY INCIDENT What do they do—who do they call Day 3 guided play.		
Swim week 10	Day 1 your choice. Day 2 swimmers choice of stroke. Day 3 WATER POLO	Day 1 BK practices. Day 2 FINAL ASSESSMENT RECORD RESULT SWIMS FINAL ASSESSMENT Day 3 WATER POLO ALL GROUPS	Day 1 your choice. Day 2 your choice. Day 3 free play .		
		END OF TERM			





Key Stage 2 Primary School Swimming Gold Group



ASA School Swimming Framework Awards Aquatic Skills & Self Rescue

Week	Warm up	Main theme	Contrasting Activity	Outcomes
SPRING term Swim week 1	Health and Safety Induction	Safe entry Swimming assessments	Treading water games Safe exit	AS1 SR1 AS5 SR2 AS6 SR3 AS7 SR5 AS8 SR9
SPRING term Swim week 2	Safe entry "How far can you swim"? Front Crawl, Backstroke, Breaststroke, Butterfly	Front Crawl Progressive practices for kicking, arms and breathing	In groups of two or three devise movement sequences Safe exit	AS1 SR1 AS3 SR4 AS4 SR9 AS6 AS7
SPRING term Swim week 3	Safe entry Travel and submersion activities	Backstroke Progressive practices for kicking and arms	Water polo games Safe exit	AS1 SR1 AS2 SR9 AS3 AS4 AS5 AS7 AS8
SPRING term Swim week 4	Demonstrate 5 or 6 safe entries	Breaststroke Progressive practices for kicking, arms and breathing	Attempt the HELP and Huddle positions Safe exit	AS1 SR1 AS3 SR5 AS4 SR6 AS7 SR7 SR9
SPRING term Swim week 5	Safe entry Travel, short swims but change strokes without pause	Attempt Butterfly Progressive practices for kicking, arms and breathing	In small groups devise movement sequenc- es of three or more actions Safe exit	AS1 SR1 AS3 SR9 AS4 AS6 AS7

Autumn term 1 Swim week 6	Safe entry Various practices for kicking and full stroke (Teachers choice)	Assessments against the award outcomes (15mins)	Various Lifesaving relays Safe exit	AS1 SR1 AS3 SR8 AS4 SR9 AS7
Autumn term 2 Swim week 7	Various safe entries and exits including, Straddle, Tuck and Pencil	Water safety bucket activities	HELP, Huddle, float and shout for help Safe exit	AS1 SR1 AS7 SR3 SR5 SR7 SR9
Autumn term 2 Swim week 8	Safe entry In full reach depth of water, submer-sion challenges	Distance challenge, “how far can you swim in 10mins”?	Water polo Develop tactics Safe exit	AS1 SR1 AS2 SR8 AS3 SR9 AS4 AS5 AS7 AS8
Autumn term 2 Swim week 9	Safe entry Water polo skills Swimming with a ball, throwing, catching, shooting	Distance challenge, “how far can you swim in 10mins”?	Sculling activities Sequences, relays, rotations Safe exit	AS1 SR1 AS4 SR9 AS5 AS6 AS7 AS8
Autumn term 2 Swim week 10	Safe entry Butterfly Progressive practices for kicking, arms and breathing	Assessment against the award outcomes (15mins)	Water polo games Safe exit	AS1 SR1 AS3 SR9 AS4 AS5 AS7 AS8
		END OF TERM		

Children who’ve not completed all the outcomes for the Aquatic Skills and Self Rescue should repeat the scheme of work for a second term

