

Leeds Primary School

Swimming Scheme Framework

Aims and Guidance

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 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 Swim England by using the Swim England School Swimming Charter and resources
- ◆ Use the 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 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. 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.

Assessments:

Assessments take place half termly

Each teacher (school or leisure) to have 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 to 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

Professional Development

The Swim England National Curriculum Training Programme course, "Fundamentals and Aquatic Skills" provides training for school teachers on the Swim England School National Curriculum Training Programme courses are run by Active Leeds



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

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

ASA School Swimming Framework Awards 1 & 2

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Autumn term 1 Swim week 1	Health and Safety Induction	Safe entry Swimming assessments	Fundamental movement activities Walking, running, hopping, jumping etc Safe exit	1.1 1.6 1.8
Autumn term 1 Swim week 2	Safe entry Fundamental movement activities	Blowing activities (individual & 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
Autumn term 1 Swim week 3	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
Autumn term 1 Swim week 4	Safe entry Movement activities that include blowing (bubbles)	Beach Flag games Eg. Captain Danger	Movement with feet off floor holding an object Safe exit	1.1 2.7 1.2 1.7 1.8
Autumn term 1 Swim week 5	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
Autumn term 1 Swim week 6	Safe Entry Movement games Feet on floor, encourage using arms for propulsion and balance. Eg Tig, Follow the leader etc.	Alternating kicking holding various objects	Introduce submersion activities Safe exit	1.1 2.6 1.2 2.8 1.3 1.5 1.8
Autumn term 1 Swim week 7	Safe entry Teacher led orientation game using the Fundamental movement skills (5mins) Half Term Next Week	Assessments against the award outcomes and record (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

ASA School Swimming Framework Awards 1 & 2

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Autumn term 2 Swim week 8	Safe entry Pupil-led five minute recap 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 - 1.8 2.3 2.4
Autumn term 2 Swim week 9	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
Autumn term 2 Swim week 10	Safe entry Travel games (5mins)	Assessment against the award outcomes and record (15mins)	Attempt push and glide on front (face in water) and back (10mins) Safe exit	1.1 2.1 1.2 2.6 1.8 2.5 2.8
Autumn term 2 Swim week 11	Safe entry Floating shapes into movement/travel	Pupil-led underwater exploration	Push and glide face in water or to pool floor Safe exit	1.1 2.1 1.8 2.2 2.5 2.6 2.8
Autumn term 2 Swim week 12	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
Autumn term 2 Swim week 13	Safe entry Teacher-led orientation games/travel	Assessment against the award outcomes and record (15mins)	Submerge twice rhythmically to pick up two objects Safe exit	1.1 - 1.8 2.1 - 2.8
END OF TERM				

Children who've not completed all the outcomes for Awards 1 & 2 should repeat the scheme of work for a second term

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



Key Stage 2 Primary School Swimming

Amber Group



ASA School Swimming Framework Awards 3 & 4

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Autumn term 1 Swim week 1	Health and Safety Induction	Safe entry Swimming assessments	Movement games with and without aids Safe exit	
Autumn term 1 Swim week 2	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
Autumn term 1 Swim week 3	Safe entry Travel in different directions on front and back	Beach Flag games Eg. Captain Danger	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
Autumn term 1 Swim week 4	Safe entry Floating sequence (minimum of 3), ideally without an object	Push and glide on front to pool floor	Rotations around the horizontal and longitudinal axis Safe exit	3.1 4.1 3.5 4.3 3.6 4.4 4.5
Autumn term 1 Swim week 5	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
Autumn term 1 Swim week 6	Safe entry Floating in shapes, front and back	Push and glide into Fly kick, front and back. Fly kick on front underwater	Floating sequence (minimum of 3) ideally without an object but to including a Rotation Safe Exit	3.1 4.3 3.3 4.9 3.5 3.6
Autumn term 1 Swim week 7	Safe entry Travel activities eg. Tig, follow the leader etc. (5mins)	Assessments against the award outcomes and record (15mins)	Floating shapes to finish in a tuck shape Safe exit	3.1 4.1 3.8 4.2 4.3 4.9
		HALF TERM		

ASA School Swimming Framework Awards 3 & 4

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Autumn term 2 Swim week 8	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
Autumn term 2 Swim week 9	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
Autumn term 2 Swim week 10	Safe entry Travel activities (mix and match arms and legs) (5mins)	Assessment against the award outcomes and record (15mins)	Floating shapes in small group sequence to include tuck float for 5secs. Safe exit	3.1 4.1 3.8 4.2 4.3 4.6 4.7 4.9
Autumn term 2 Swim week 11	Safe entry Push and glide to travel front and back	Introduce Breaststroke full stroke or Butterfly	Underwater exploration, attempt a handstand or forward somersault Safe exit	3.1 4.1 3.3 4.4 3.4 4.5 3.8 4.7 4.9
Autumn term 2 Swim week 12	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
Autumn term 2 Swim week 13	Safe entry Travel activities (5mins)	Assessment against the award outcomes and record (15mins)	Various relay races Safe exit	3.1 4.1 3.8 4.6 4.7 4.9
		END OF TERM		



Key Stage 2 Primary School Swimming

Green Group



ASA School Swimming Framework Awards 5 & 6

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Autumn term 1 Swim week 1	Health and Safety Induction	Safe entry Swimming assessments	Travel games unaided and aided Safe exit	5.1 5.5 6.1 5.2 5.6 6.3 5.3 5.9 6.4 5.4 6.10
Autumn term 1 Swim week 2	Demonstrate 5 or 6 different safe entries	Backstroke Various kicking practices Introduce correct arm action	Sculling activities and games Stationary, head and feet first Safe exit	5.1 6.1 6.10 5.2 6.2 5.5 6.3 5.7 6.4 5.9 6.5
Autumn term 1 Swim week 3	Safe entry Travel on front full stroke	Travel on front (Front Crawl), rotate onto back. Start with legs only, progress to full stroke. Also visa versa	Forward somersaults Leading to push and glide and somersault Safe exit	5.1 5.6 6.1 5.3 5.7 6.8 5.4 5.9 6.10
Autumn term 1 Swim week 4	Safe entry Various kicking activities front and back and include rotations	Front Crawl Progressive kicking practices Attempt arm action with correct breathing technique	In pairs Handstands (or surface dives) and somersaults Safe exit	5.1 6.1 5.2 6.7 5.3 6.8 5.4 6.10 5.5 5.6 5.9
Autumn term 1 Swim week 5	Safe entry Recap full stroke Front Crawl	Beach Flag games Eg. Captain Danger	Attempt Butterfly and Breaststroke Safe exit	5.1 6.1 5.3 6.10 5.7 5.8 5.9
Autumn term 1 Swim week 6	Safe entry Backstroke drills to include kicking	Sculling games Sculling sequence in pairs	Handstands (or surface dives) and somersaults Safe exit	5.1 6.3 5.2 6.4 6.5 6.7 6.10

Autumn term 1 Swim week 7	Safe entry Any full swims	Assessments against the award outcomes and record (15mins)	Various relay races Swimming, kicking, sculling Safe exit	5.1 6.1 5.2 6.3 5.3 6.4 5.4 6.9 5.7 6.10 5.9
HALF TERM				
Autumn term 2 Swim week 8	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 Safe exit	5.1 6.2 5.4 6.3 5.7 6.4 5.9 6.5 6.1 6.10
Autumn term 2 Swim week 9	Safe entry Introduce Treading water with equipment	Travel without/with clothing (T-shirt)	In pairs, devise a sculling sequence lasting 20-30secs Safe exit	5.1 6.1 5.7 6.5 5.9 6.7 6.8 6.10
Autumn term 2 Swim week 10	Safe entry Travel with rotations and submersion	Assessments against the award outcomes and record (15mins)	Develop the sculling sequence Safe exit	5.1 6.1 5.5 6.5 5.6 6.7 5.9 6.8 6.10
Autumn term 2 Swim week 11	Safe entry Distance swimming, "How far can you swim"?	Introduce Water polo Treading water Passing a ball Throwing Tactics	In pairs Handstands (or surface dives) and somersaults Safe exit	5.1 6.1 5.7 6.6 5.9 6.7 6.8 6.9 6.10
Autumn term 2 Swim week 12	Safe entry Swimming in a T-shirt, "How far can you swim"?	In pairs or small groups combine activities and strokes learned and put into a sequence	Games that require pupils to Tread water Safe exit	5.1 6.1 5.9 6.5 6.6 6.9 6.10
Autumn term 2 Swim week 13	Safe entry Swimming in a T-shirt, "How far can you swim"?	Assessment against the award outcomes and record (15mins)	Water polo Safe exit	5.1 6.1 5.9 6.6 6.9 6.10
END OF TERM				

Children who've not completed all the outcomes for Awards 5 & 6 should repeat the scheme of work for a second term

ASA School Swimming Framework Awards Aquatic Skills & Self Rescue

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Autumn term 1 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
Autumn term 1 Swim week 2	Safe entry “How far can you swim”? Front Crawl, Backstroke, Breaststroke, Butterfly (Issue distance badge slips)	Front Crawl Progressive practices for kicking, arms and breathing	In groups of two or three devise movement sequences for 2-3 minutes Safe exit	AS1 SR1 AS3 SR4 AS4 SR9 AS6 AS7
Autumn term 1 Swim week 3	Safe entry Travel and submersion activities	Backstroke Progressive practices for kicking and arms	Water polo games Safe exit	AS1 AS4 SR1 AS2 AS5 SR9 AS3 AS7 AS4 AS8
Autumn term 1 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
Autumn term 1 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 Width swims to include; surface dives, somersaults , rotations	Push and glide and transition into each of the four competitive strokes	Recap Butterfly Safe exit	AS1 SR9 AS3

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

Autumn term 1 Swim week 7	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
HALF TERM				
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, submersion challenges	Distance challenge, "how far can you swim in 10mins"? (Issue distance badge slips)	Water polo Develop tactics Safe exit	AS1 SR1 AS2 SR8 AS3 SR9 AS4 AS5 AS7 AS8
Autumn term 2 Swim week 9	Safe entry "How many strokes can you swim 10m of"?	Assessment against the award outcomes and record (15mins)	Groups of three Movement sequences for one minute Safe exit	AS1 SR1 AS3 SR9 AS6 AS7
Autumn term 2 Swim week 10	Safe entry 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 Safe exit	AS1 SR1 AS3 SR2 AS5 SR4 AS7 SR5 SR6 SR9
Autumn term 2 Swim week 11	Safe entry Water polo skills Swimming with a ball, throwing, catching, shooting	Distance challenge, "how far can you swim in 10mins"? (Issue distance badge slips)	Sculling activities Sequences, relays, rotations Safe exit	AS1 SR1 AS4 SR9 AS5 AS6 AS7 AS8
Autumn term 2 Swim week 12	Safe entry Butterfly Progressive practices for kicking, arms and breathing	Assessment against the award outcomes and record (15mins)	Water polo games Safe exit	AS1 SR1 AS3 SR9 AS4 AS5 AS7 AS8
END OF TERM				

