

Leeds Primary School

Swimming Scheme Framework

Aims and Guidance

Continuing Professional Development

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



Spring 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
- ◆ Work in partnership with Swim England by using Swim England School Swimming Charter and resources
- ◆ 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 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.

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) 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

Please be aware the Spring term scheme of work is progressive and follows on from the Autumn term scheme of work. Therefore if the Spring term is the start of the children's swimming then it would be better to follow the Autumn scheme of work.

Awards:

These awards can only be purchased by schools who've signed up to the School Swimming Charter with Swim England. All other schools could design their own certificates if they wish? Swim England Distance Awards can be purchased from the leisure centre reception



Key Stage 2 Primary School Swimming Scheme Framework

Continuing Professional Development Opportunities

Swim England National Curriculum Training Programme

Fundamentals & Aquatic Skills Course

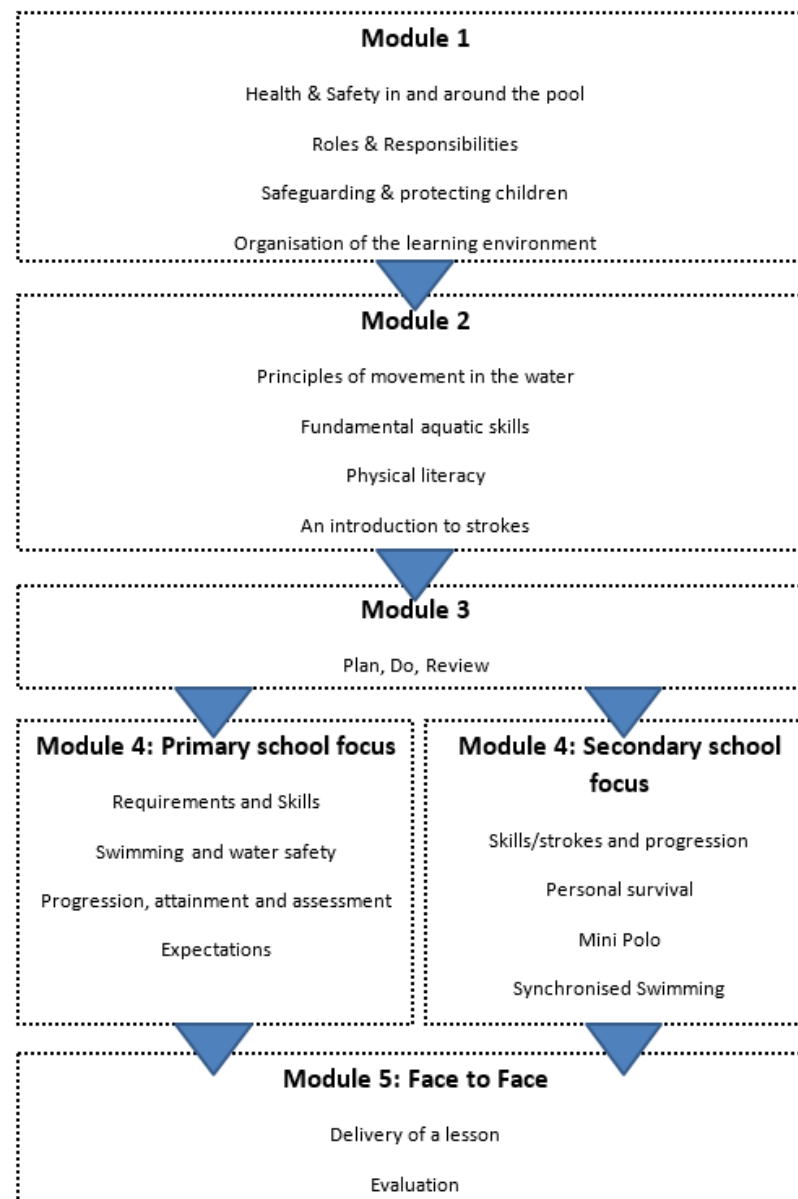
A two day course designed to help anyone who attends primary school swimming and supports the Swim England Primary School Swimming Framework

The final course for this academic year is:

Mondays 3rd and 10th June 2019, 9.00-5.00pm @ John Charles Centre for Sport

Cost £150.00

Email sport@leeds.gov.uk for a course registration form or sarah.crossley@leeds.gov.uk for further information



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-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 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	Outcomes
Spring term 1 Swim week 1	Safe entry. Revision from Autumn term of travel with feet off the floor.	Movement activities with feet off the floor on front and back.	Submersion activities Safe exit	1.1 1.2 1.3 1.8
Spring term 1 Swim week 2	Safe entry Movement activities that include blowing bubbles with mouth and nose in the water.	Floating in shapes with objects, leading to a stretched, streamline shape (check regaining standing) then attempting Travel.	Movement with feet off floor using hands and legs (aim for 5m). <i>Can use supports.</i> Safe exit	1.1 2.7 1.2 1.7 1.8
Spring term 1 Swim week 3	Safe entry Games to recap understanding of beach flags.	Travel with feet off the floor on front or back using an alternating kick.	Floating and travel activities with objects Safe exit	1.1 2.2 1.7 2.6 1.8 2.7 2.8
Spring term 1 Swim week 4	Safe entry Floating shapes followed by attempts at push and glides .	Floating shapes into kicking on front and back if done well introduce arms .	Attempt any underwater activities in pairs or small groups. Safe exit	1.1 2.1 2.8 2.5 1.8 2.2 2.3 2.4
Spring term 1 Swim week 5	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)	1.1 – 1.8
HALF TERM				

Swim England School Swimming Framework Awards 1 & 2

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Spring term 2 Swim week 6	Safe entry. Pupil-led five minute recap of activities learned during the last half term.	Submersion and underwater movement activities. Introducing front paddle leading to Front Crawl full stroke for a short distance.	Floating shapes activities, with objects to include kicking on back then regain standing. Safe exit.	1.1 – 1.8 2.2 2.3 2.4
Spring term 2 Swim week 7	Safe entry. Travel activities, front and back.	Travel/movement games on front and back with or without aids.	Push and glide and attempt rotation Safe exit.	1.1 2.1 2.6 1.8 2.8
Spring term 2 Swim week 8	Safe entry. Travel using arms and legs. (5mins)	Introducing breaststroke legs with woggles on front and back.	Attempting push and glides on front (face in water) and back Safe exit.	1.1 2.1 1.2 2.6 1.8 2.5 2.8
Spring term 2 Swim week 9	Safe entry. Teacher –led orientation games/ travel with feet off the floor.	Assessment against the award outcomes (15mins)	Submerge twice rhythmically to pick up two objects. Safe exit.	1.1 – 1.8 2.1 – 2.8
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	Outcomes
Spring term 1 Swim week 1	Safe entry Travel activities on front and back.	Push and glides, front & back with to include travel using an alternating kick (with and without an supports).	Underwater exploration, through hoops and with sinkers. Safe exit.	3.1 4.1 3.2 4.8 3.3 3.8
Spring term 1 Swim week 2	Safe entry Jumping into appropriate depth. Travel in different directions on front and back.	From push and glides introducing front crawl kicking and then short distance full stroke with arms.	Push and glide with rotations (front to back and back to front). Safe exit. Climb out without using the steps.	3.1 4.1 3.7 4.4 3.8 4.5 4.8
Spring term 1 Swim week 3	Safe entry Floating sequence (minimum of 3 shapes), ideally without a support. Can include travel.	Push and glide activities with travel: Log roll, front to back , then travel on back. Log roll, back to front, then travel on front.	Travel to include rotations around the horizontal axis (somersaults). Safe exit.	3.1 4.1 3.5 4.3 3.6 4.4 4.5
Spring term 1 Swim week 4	Safe entry Travel then submerge and collect three objects rhythmically return to side.	From Push and glides Backstroke activities, Kicking with and without objects. Introducing arms. Attempting 10 metres?	Water safety – Actions for help if they fall in outdoors. Safe exit.	3.1 4.1 3.2 4.6 3.7 4.7 3.8 4.8 4.9
Spring term 1 Swim week 5	Safe entry Travel activities on front e.g. Tag game, follow the leader etc. (5mins)	Assessments against the award outcomes. (15mins) RECORD RESULTS	Floating shapes sequence to finish in a tuck shape. Safe exit.	3.1 - 3.8 4.1 - 4.9
HALF TERM				

Swim England School Swimming Framework Awards 3 & 4

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Spring term 2 Swim week 6	Safe entry Five minute recap of travel activities previously learned.	Front Crawl travel activities aided/ unaided to include kicking, breathing skills, full stroke short distance.	Floating sequence in pairs or small groups. Safe exit.	3.1 4.1 3.8 4.3 4.3 4.7 4.9
Spring term 2 Swim week 7	Safe entry, Jumping to submersion. 5m travel, rotate, return (ideally unaided) (5 mins)	Introduce Breaststroke kick on Front and Back with a glide. (10mins)	Introduce Breaststroke arms then with supports full stroke. Aim for arms, Legs, Glide. (15mins)	3.1 4.1 3.7 4.6 3.8 4.8 4.9
Spring term 2 Swim week 8	Safe entry Push and glide to travel on front	Backstroke, Kicking, full stroke preferably without aides and increasing distances.	Underwater exploration, attempting either handstands or forward somersaults. Safe exit.	3.1 4.1 3.3 4.4 3.4 4.5 3.8 4.7 4.9
Spring term 2 Swim week 9	Safe entry Kicking games, aim for 10—20secs constant kick.	Assessment against the award outcomes. RECORD RESULTS (15mins)	Various relay races or an organised games session not free play!!! Safe exit.	3.1 - 3.8 4.1 - 4.9
		END OF TERM		

Swim England School Swimming Framework Awards 5 & 6

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Spring term 1 Swim week 1	Demonstrate 5 or 6 different safe entries.	Backstroke. Various kicking practices. Introduce full stroke correct arm action (wind milling)	Sculling activities Stationary, head and feet first. Safe exit.	5.1 6.1 - 6.5 5.2 6.10 5.5 5.7 5.9
Spring term 1 Swim week 2	Safe entry. Travel on front full stroke. Can be Front Crawl or Breaststroke.	Travel on front (Front Crawl), rotating onto back (Back Crawl). Start with legs only then progress to full stroke. Also visa versa.	Attempting forward somersaults Leading to push and glide and somersault. Safe exit.	5.1 6.1 5.3 6.8 5.4 6.10 5.6 5.7 5.9
Spring term 1 Swim week 3	Safe entry Various kicking activities front and 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. Safe exit	5.1 - 5.6 6.1 5.9 6.7 6.8 6.10
Spring term 1 Swim week 4	Safe entry Recap full stroke Front Crawl.	Attempt 25 metre swims on front or back. Weaker swimmers can use minimal supports.	Attempt short distance Butterfly or Breaststroke. Safe exit	5.1 6.1 5.3 6.10 5.7 5.8 5.9
Spring term 1 Swim week 5	Safe entry Any full stroke swims 10 to 25 metres.	Assessments against the award outcomes RECORD RESULTS (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				

Swim England School Swimming Framework Awards 5 & 6

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Spring term 2 Swim week 6	Various safe jumping entries Attempt 10/25m Front Crawl or Backstroke.	Breaststroke Kicking practices on front and back and then full stroke with correct timing arms, Legs, Glide. Use supports to encourage good technique.	Floating activities, then move from floating to sculling Safe exit Remind them to bring a t shirt next week !!!!!	5.1 6.1 5.4 6.2 5.7 6.3 5.9 6.4 6.5 6.10
Spring term 2 Swim week 7	Safe entry Introduce Treading water with equipment	Travel without/with clothing (T-shirt)	In pairs, let them devise a movement/sculling sequence lasting 30secs Safe exit Remind them to bring a t shirt next week !!!!!	5.1 6.1 5.7 6.5 5.9 6.7 6.8 6.10
Spring term 2 Swim week 8	Safe entry Distance swimming, "How far can you swim challenge"? Using their favourite stroke 1 attempt	Backstroke lesson From push and glides to include kicking, drills, Full stroke.	Swimming in a T-shirt, "How far can you swim"? Does it feel harder to move through the water?? Imagine if you had all your clothes on.	5.1 6.1 5.7 6.6 5.9 6.7 6.8 6.9 6.10
Spring term 2 Swim week 9	Safe entry easy warm up, on front or back .	Assessment against the award outcomes RECORD RESULTS (15mins)	ORGANISED GAME Safe exit	5.1 6.1 5.9 6.6 6.9 6.10
		END OF TERM		

Swim England School Swimming Framework Awards

Aquatic Skills & Self Rescue

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Spring term 1 Swim week 1	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 1 Swim week 2	Safe entry Travel and submersion activities.	Backstroke Progressive practices for kicking and arms.	Water polo games. Safe exit.	AS1 - AS5 SR1 AS7 SR9 AS8
Spring term 1 Swim week 3	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 1 Swim week 4	Safe entry Travel, short swims but change strokes without pause.	Attempt Butterfly Progressive practices for kicking, arms and breathing.	In small groups devise movement sequences of three or more actions Safe exit.	AS1 SR1 AS3 SR9 AS4 AS6 AS7
Spring term 1 Swim week 5	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				

Swim England School Swimming Framework Awards
Aquatic Skills & Self Rescue

Week	Warm up	Main theme	Contrasting Activity	Outcomes
Spring term 2 Swim week 6	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
Spring term 2 Swim week 7	Safe entry "How many strokes can you swim 10m of"?	Assessment against the award outcomes (15mins)	Groups of three Movement sequences for one minute Safe exit	AS1 SR1 AS3 SR9 AS6 AS7
Spring term 2 Swim week 8	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
Spring term 2 Swim week 9	Safe entry Butterfly Progressive practices for kicking, arms and breathing.	Assessment against the award outcomes. RECORD RESULTS (15mins)	Water polo games. Safe exit.	AS1 SR1 AS3 SR9 AS4 AS5 AS7 AS8
		END OF TERM		

