

Leeds Primary School

Swimming Scheme Framework

Intensive Programme

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.

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

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

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



Key Stage 2 Primary School Swimming Scheme Framework

Continuing Professional Development Opportunities

Swim England National Curriculum Training Programme

Fundamentals & Aquatic Skills Course

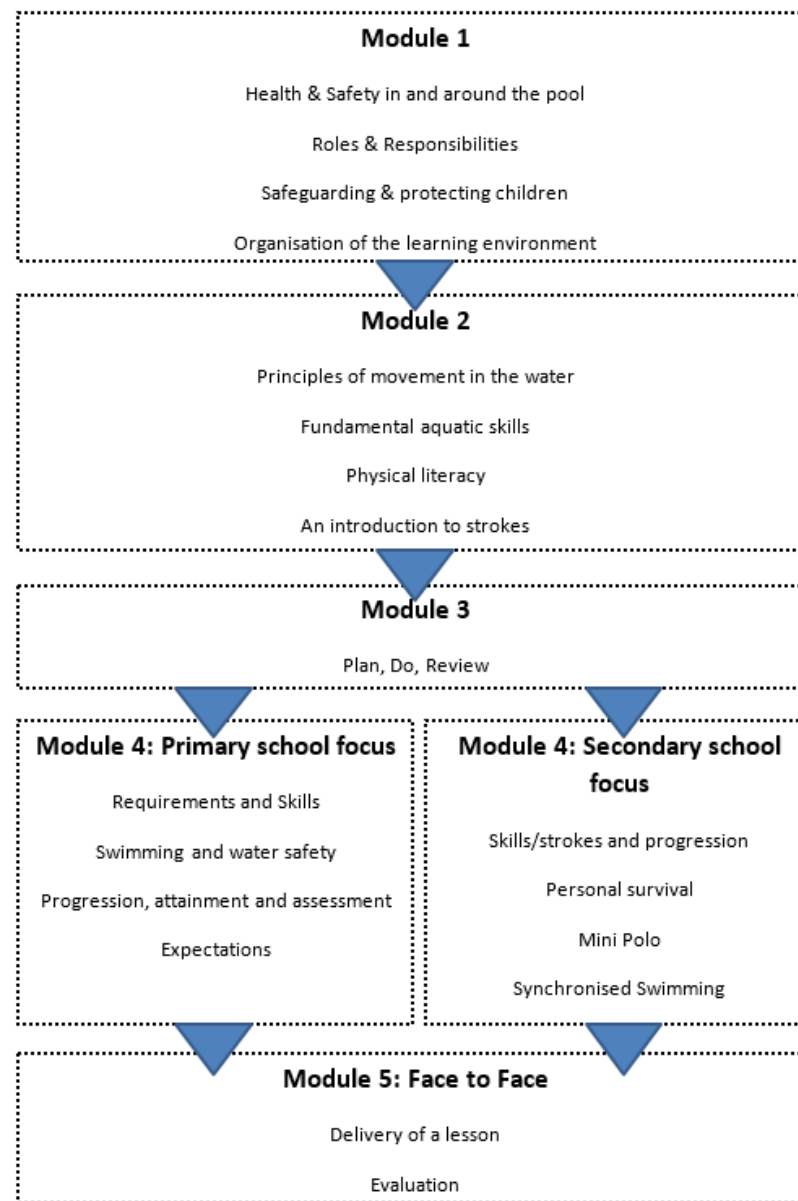
A two day course designed to help anyone who attends primary school swimming and supports the Swim England Primary School Swimming Framework

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 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

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 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>Let them try different strokes.</p> | <p>Fundamental movement activities. 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 x4</p> | <p>Water Confidence games to include face wetting & blowing bubbles, include travel with supports.</p> <p>MOVE ANY CHILDREN THAT ARE IN WRONG GROUPS</p> | <p>Movement team game involving Walking, running, hopping, jumping etc.</p> <p>Safe exit.</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>Introduce jumping, working in pairs one in the water catching the other on the side jumping, if the children are confident enough</p> | <p>Introduction to floating (front & back).</p> <p>Focus on regaining standing and then introduce travel.</p> | <p>Activities to include blowing bubbles e.g. egg flip races.</p> <p>Safe exit.</p> | <p>1.1 2.1</p> <p>1.4 2.2</p> <p>1.8 2.3</p> <p>2.4</p> <p>2.8</p> |

Swim England School Swimming Framework Awards 1 & 2

| Week 2 | Warm Up | Main Theme | Contrasting Activity | Outcomes |
|--------|---|--|---|--|
| Day 1 | Safe entry Fundamental movement activities with supports. | Floating activities (anything with feet off floor with various aids) Regaining standing. Travel using an alternating kick. | In small teams an underwater collection game to encourage submersion. 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 encourage them. | Put swimmers into groups to help each other. Recap floating, (front & back). Focus on regaining standing then Introduce basic alternating 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.) Safe exit | 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 front kick Then in pairs , one walking backwards, the other holding their hands and kicking legs & trying to blow bubbles. | Introduce a front paddle (with supports) Get a swimmer from a higher group to demo. Safe exit. | 1.1 2.1 1.2 2.3 1.4 2.8 1.5 1.8 |

Swim England School Swimming Framework Awards 1 & 2

| Week 3 | Warm Up | Main Theme | Contrasting Activity | Outcomes |
|--------|---|--|---|--|
| Day 1 | <p>Safe entry</p> <p>Experiment with travel (use various aids, running, jumping, kicking)</p> | <p>Split into small groups and practice floating on front (faces in where possible). 5 min</p> <p>Introduce short distance front crawl kick</p> <p>All together introduce front Paddle</p> | <p>Face washing activities</p> <p>Safe exit.</p> <p>Or safe jumping to submersion if they are confident enough.</p> <p>Safe exit.</p> | |
| Day 2 | <p>Game to include submersion and movement</p> <p>e.g. treasure hunt.</p> | <p>Split into small groups and Introduce short distance front crawl kick</p> <p>All together introduce front Paddle try to reduce levels of supports.</p> | <p>Floating on backs. Use a variety of equipment, in pairs or groups.</p> <p>Safe exit.</p> | <p>1.1 2.1</p> <p>1.5 2.2</p> <p>1.8 2.4</p> <p>2.6</p> <p>2.8</p> |
| Day 3 | <p>Jump then submerge.</p> <p>X 6</p> <p>Encourage swimmers, do not force.</p> | <p>Assess against outcomes with minimal support.</p> | <p>Free practice seeing what they have learnt during previous lessons. 5 minutes MAX.</p> <p>Attempting to get out without using the steps.</p> | <p>All outcomes</p> |

Swim England School Swimming Framework Awards 1 & 2

| Week 4 | Warm Up | Main Theme | Contrasting Activity | Outcomes |
|--------|---|---|---|--------------------------------------|
| Day 1 | Safe entry Movement on front activities that include blowing (bubbles) | Water safety activities Make up scenarios and let them deal with the problem with your help and advice | Floating shapes on their backs with and without supports. Safe exits. | 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 supports or introduce a basic arm stroke. | 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 attempting full stroke. | Scuba diving game. Hunt for treasure on the sea bed. Put into small teams and have a competition. Safe exit. | 1.1 2.1 1.2 2.6 1.5 2.8 1.8 |

Swim England 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 kicking then introduce sculling practices. Safe exit without using the steps. | 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 backstroke kick. | 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 |
| HALF TERM NEXT WEEK | | | | |

Swim England 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) | Distance Assessments against the award outcomes let them try on their front and backs with and without supports. (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 front crawl kick. Push and glide on front to short distance full stroke front paddle. If done well reduce supports or introduce over the water recovery with the arms | Introduction to deeper water using supports. Deeper water means deeper than they normally work in, NOT the deepest part of your pool. 5mins MAX. Safe exit. | 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 mins. (using minimal supports) | Front crawl practices using a variety of equipment and practices. | Free practice of anything they have learnt from previous lessons. MAX 5 mins. Climbing out no steps allowed | 1.1 2.1 1.2 2.6 1.8 2.8 |

Swim England School Swimming Framework Awards 1 & 2

| Week 7 | Warm Up | Main Theme | Contrasting Activity | Outcomes |
|--------|---|--|---|---|
| Day 1 | <p>Safe entry</p> <p>Let the swimmers show you how many different ways of moving through water they know.</p> | Swimming on back or front aiming to do short distances with minimal or no supports. | <p>Floating shapes activities with objects and regain standing</p> <p>Safe exit</p> | <p>1.1 2.3</p> <p>1.2 2.4</p> <p>1.3</p> <p>1.4</p> <p>1.5</p> <p>1.6</p> <p>1.7</p> <p>1.8</p> |
| Day 2 | Jump in entries to submersion x5 | Backstroke practices using a variety of equipment. | In small groups get them to devise a sequence of movements including- floating, movement, rotation, submersion. | <p>1.1 2.1</p> <p>1.2 2.2</p> <p>1.8 2.6</p> <p>2.8</p> |
| Day 3 | Short distance races-running kicking, swimming, hopping etc. | <p>All groups 15 minute water polo game.</p> <p>All red group to wear supports.</p> | Submersion Activity to include mushroom floats. | <p>1.1 2.1</p> <p>1.2 2.3</p> <p>1.5 2.6</p> <p>1.8 2.8</p> |

Swim England 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/ swimming 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 distanc- es. | Mushroom floats leading to hand- stands. | 1.1 2.1 1.2 2.3 1.5 2.6 1.8 2.8 |
| Day 3 | Simon Says-cover floating, move- ment, submersion. | Assessments against award out comes (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 |

Swim England 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 activities this is their last week make sure they understand about outdoor water safety!!!! | 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 |

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 |
|-------------|----------------|--------------|--|--|---|---|--|--|--|---------------------------|--|--|--|---|--|--|--|---------------------------|
| 1. | | | | | | | | | | | | | | | | | | |
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| 11. | | | | | | | | | | | | | | | | | | |
| 12. | | | | | | | | | | | | | | | | | | |

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 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 / basic swimming 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) x5 | Movement / kicking using an alternating kick on front leading to short distance FC. | Simon says game covering floatation on front and back. | |

Swim England 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 / Travel activities leading to push and glides, front & back (with and without an objects). | 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 5 | Push and glides activities on front with travel (kicking) 5-10 metres. If done well attempting full stroke or paddle for short distances. | 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 flat body shape. | Running relay using fc arms to assist movement. Check for good arm technique. | |

Swim England 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 activities covering outdoor water. E.g. what to do if they see someone in trouble. | 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 leading to full stroke FC. | Races Kicking on their backs anyone putting their feet down starts again. Safe exit. | |
| Day 3 | Introduce Water Safety code. | Assessment week Distance swims x 4 Their choice of stroke Record results | In small groups teaching each other hand-stands. Safe exit. | |

Swim England 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 | |
| Day 2 | Tag game for 5 minutes weaker swimmers could wear minimal supports. | Push and glides on back then with kick. Kicking on their backs Introducing arms. | With the red group a very basic water polo game. NO CONTACT ALLOWED AND CATCH AND THROW WITH TWO HANDS | |
| Day 3 | Life saving Shout and signal then casualty recognition, throwing rescues | Swimming / Kicking on their fronts see if any of them can earn a new distance award!! | Submersion and movement game. | |

Swim England School Swimming Framework Awards 3 & 4

| Week 5 | Warm Up | Main Theme | Contrasting Activity | Outcomes |
|--------|--|---|--|---|
| Day 1 | Safe entry Swim then submerge and collect three objects rhythmically. | Travel activities front and back with/without an object (aim for 5/10m) | 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 & submersion. | Butterfly kick - walking doing arms – attempting full stroke | Floating on back then introduce sculling. | |
| Day 3 | In pairs 5 minutes swimming through hoops or each other's legs. | Assessments against the award outcomes 15 minutes | Water safety revision session What to do if you fall in | |
| | | Half Term Next Week | | |

Swim England School Swimming Framework Awards 3 & 4

| Week 6 | Warm Up | Main Theme | Contrasting Activity | Outcomes |
|--------|---|---|---|----------|
| Day 1 | <p>Safe entry</p> <p>Travel activities e.g. Tag, follow the leader etc. (5mins)</p> | | <p>Floating shapes to finish in a tuck shape</p> <p>Safe exit</p> | |
| Day 2 | <p>Jumping into deeper water submerge then surface and swim back then climb out x4.</p> | <p>Body board swimming in pairs then try without the boards and finish with full stroke</p> | <p>Floating sequence using flash cards .</p> | |
| Day 3 | <p>Treasure hunt game in small teams - must involve submersion and travel</p> | <p>Water polo practices</p> <p>Passing/catching (with two hands).</p> <p>Passing/catching (with one hand).</p> <p>With supports if done in deeper water.</p> | <p>Constructive free play. 5 minutes max.</p> | |

Swim England 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. Record results | Floating sequence in pairs or small groups. Safe exit | 3.1 4.1 3.8 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 on front or back | All groups a 15/20 minute water polo game in deeper water Amber swimmers can wear arm supports | Work on weakest skill/outcome. | |

Swim England 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 see if they can beat previous attempts. | ASSESSMENTS AGAINST OUTCOMES | Swimming with a water polo ball. (head up front crawl). Make it a race or attack and defence. | |

Swim England 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 more than 10 metres on front and back. | Floating on back leading to including sculling. Safe exit. | |
| 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 one hand. | |
| Day 3 | Fly kicking on their fronts and backs and trying underwater. | Your choice of lesson not free play though. | Organised games | |
| | | END OF TERM | | |

Swim England School Swimming Framework Awards 5 & 6

| Week | Warm ups | Main themes | Contrasting Activities | Outcomes |
|--------|---|---|--|----------|
| Week 1 | <p>Day 1 Health and Safety Induction.</p> <p>Days 2 and 3 Travel games.</p> | <p>Safe entry. Swimming assessments. ALL GROUPS Look at different strokes and distances over this week</p> | <p>Day 1 Travel games unaided. Day 2 floatation various shapes. Day 3 Floatation and Sculling.</p> | |
| Week 2 | <p>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.</p> | <p>All week focus on Backstroke.</p> <p>Various kicking practices Introduce correct arm actions and increasing distances.</p> | <p>Day 1 Sculling activities and games. Day 2 Stationary, head and feet first and rotations. Day 3 movement sequence Safe exit.</p> | |
| Week 3 | <p>Day 1 travel on BK full stroke. Day 2 travel on front introduce Fly. Day 3 travel on front BR.</p> | <p>Day 1/2 focusing on FC Front Crawl. Various Kicking practices Drills to improve understanding Full stroke. Day 3 assessment against outcomes.</p> | <p>Working in small groups practicing Day 1 Forward somersaults. Day 2 Leading to push and glide and somersault. Day 3 tumble turns . Safe exit.</p> | |
| Week 4 | <p>DAYS 1 and 2 Various kicking activities front and back and include rotations. DAY 3 DISTANCE CHALLENGE SEE HOW MANY WIDTHS THEY CAN DO IN 10 mins</p> | <p>Day 1 and 2 Breast stroke Progressive kicking practices Attempt arm actions with correct breathing technique. Day 3 water safety bucket Activities.</p> | <p>In small groups: Handstands (or surface dives) and somersaults. Safe exit.</p> | |

Swim England School Swimming Framework Awards 5 & 6

| Week | Warm Up | Main Theme | Contrasting Activities | Outcomes |
|----------------------------|--|---|---|---|
| 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. | |
| Half Term Next Week | | | | |
| Week 6 | Safe entry Any full swims. | Reassessments 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 6.1 5.2 6.3 5.3 6.4 5.4 6.9 5.7 6.10 5.9 |
| 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. REMINDE SWIMMERS TO BRING A TSHIRT FOR THE NEXT 2 WEEKS | 5.1 6.1 5.4 6.2 5.7 6.3 5.9 6.4 6.5 6.10 |

Swim England School Swimming Framework Awards 5 & 6

| Week | Warm Up | Main Theme | Contrasting Activities | Outcomes |
|--------|--|--|---|---|
| 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 | Day 1 submersion activities. Day 2 WATER SAFETY INCIDENT What do they do—who do they call Day 3 guided play. | 5.1 6.1 5.7 6.6 5.8 6.9 5.9 6.10 |
| 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 FINAL ASSESSMENT RECORD RESULTS SWIMS FINAL ASSESSMENT Day 3 WATER POLO ALL GROUPS | Day 1 your choice. Day 2 your choice. Day 3 free play . | |
| | | END OF TERM | | |

Swim England School Swimming Framework Awards

Aquatic Skills & Self Rescue

| Week | Warm Up | Main Theme | Contrasting Activity | Outcomes |
|--------|--|---|--|---|
| 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 |
| 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 |
| 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 |
| 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 |

Swim England School Swimming Framework Awards

Aquatic Skills & Self Rescue

| Week | Warm Up | Main Theme | Contrasting Activity | Outcomes |
|--------|---|--|---|---|
| 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 sequences of three or more actions Safe exit | AS1 SR1 AS3 SR9 AS4 AS6 AS7 |
| | | Half Term Next Week | | |
| 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 |
| 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 |

Swim England School Swimming Framework Awards
Aquatic Skills & Self Rescue

| Week | Warm Up | Main Theme | Contrasting Activity | Outcomes |
|--------|--|--|--|---|
| Week 8 | Safe entry In full reach depth of water, sub- mersion 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 |
| 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 |
| | | 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

