

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

Key Stage 2 Primary School Swimming Scheme Framework

Aims

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

Guidance Notes

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

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

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

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

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

Professional Development

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

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

Assessments:

Assessments take place half termly

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

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

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

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

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

Awards:

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

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

National Curriculum Training Programme

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

Who can attend?

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

Course Information

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

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

Dates:

**No further courses yet planned - if you have a member of staff wanting a place
then please email sport@leeds.gov.uk**

Cost: £150.00

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

Identify swimming & water safety requirements for the national curriculum standards

Understand aspects of health & safety and an organised learning environment

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

Design lesson plans & delivery methods

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

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

Red Group

Outcomes to be completed with or without aids

Award 1

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

Award 2

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

Amber Group

Outcomes to be completed with or without aids

Award 3

- 1) Jump in from side and submerge (minimum depth 0.9m)
- 2) Fully submerge and pick up an object
- 3) Push from wall and glide on the front and back
- 4) Push and glide from the wall to the pool floor
- 5) Perform a rotation from the front to the back and gain an upright position
- 6) Perform a rotation from the back to the front and gain an upright position
- 7) Answer three questions on the water safety code
- 8) Exit the water safely

Outcomes to be completed without aids

Award 4

- 1) Enter the water safely (using steps, swivel entry or a jump)
- 2) Perform a tuck float for 5secs
- 3) Perform a sequence of changing shapes (min of three) whilst floating at the surface
- 4) Push and glide on the front with arms extended and log roll onto the back
- 5) Push and glide on the back with arms extended and log roll onto the front
- 6) Travel on the front, tuck to rotate around the horizontal axis to return on the back
- 7) Travel 10m on the front and 10m on the back
- 8) Demonstrate an action for getting help (can be performed in deep or shallow water)
- 9) Exit the water safely without the use of steps

Green Group

Outcomes to be completed without aids

Award 5

- 1) Enter the water safely from a jump
- 2) Kick 10m Backstroke (one item of equipment may be used)
- 3) Kick 10m Front crawl (one item of equipment may be used)
- 4) Kick 10m Butterfly or Breaststroke on the front or back (one item of equipment may be used)
- 5) Travel on back and roll in one continuous movement onto front
- 6) Travel on front and roll in one continuous movement onto back
- 7) Swim 10m (own choice of stroke)
- 8) Perform a shout and signal rescue
- 9) Exit the water safely

Outcomes to be completed without aids

Award 6

- 1) Perform three different jumps into deep water (one must be a straddle jump)
- 2) Perform a horizontal stationary scull on back
- 3) Perform a feet first sculling action on the back
- 4) Perform a feet first sculling action on the back
- 5) Perform a sculling sequence with a partner for 30-45secs to include a rotation
- 6) Tread water for 30secs
- 7) Perform a handstand and hold for a minimum of three seconds
- 8) Perform a forward somersault, tucked in the water
- 9) Swim 10m in clothes
- 10) Exit deep water without the use of steps

Gold Group

Aquatic Skills Award

- 1) Enter the water safely
- 2) Submerge to pick up an object from the pool floor (full reach depth)
- 3) Swim 10m Front crawl, Breaststroke or Backstroke (two out of three must be chosen)
- 4) Swim 25m (own choice of stroke)
- 5) Participate part in a game of mini polo
- 6) In groups of three or more perform a movement sequence of one minute incorporating a number of different skills eg sculling, treading water, floating, rotation
- 7) Exit the water safely
- 8) Discuss in your group the tactics and skills used and evaluate them

Self-Rescue Award

- 1) Enter the water safely (swivel entry or straddle jump)
- 2) Tread water for 20secs
- 3) Float or scull waving one arm and shout for help
- 4) Swim 25m to floating object (own choice of stroke)
- 5) Demonstrate the HELP position
- 6) Swim 10m retaining a floating object
- 7) In groups demonstrate the Huddle position
- 8) Swim using a long front paddle to the side (survival stroke)
- 9) Exit the pool from at least full reach depth without using the steps
- 10) Discuss as a group when the above skills might be used to self-rescue in different situations

Gold Group

Swimming Challenge Awards

Bronze

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

Silver

- 1) Plunge dive into water of at least full reach depth.
- 2) Swim 100m in less than three minutes using any stroke. A change of stroke may only occur at the completion of a length of the pool.
- 3) Tread water for 2 minutes with one hand behind the back.
- 4) Swim 10m followed immediately by two surface dives of full reach depth, one head first and one feet first bringing an object to the surface each time.
- 5) Scull head first on the back for 10m and then return by sculling feet first. A flat horizontal position must be maintained throughout.
- 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.
- 7: In shoulder depth water and without touching the side fully submerge the head showing confidence and control.

Gold Group

Swimming Survival/Safety Awards

Preliminary Safety Skills Award

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

Personal Survival Level 1

Examiners notes and guidance

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

Examiners notes and guidance cont...

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

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

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

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

Everyday clothes must be worn with swimwear.

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

Criteria for level 1

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

Gold Group

Personal Survival Level 2

Criteria for level 2

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

Stage 8 Awards

Competitive Swimming Award

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

*swimmers choice

Gold Group

Diving Award

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

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

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

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

Synchronised swimming

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

Swim England School Swimming Framework Awards 1 & 2

Week 1 w/c 6th Jan	Warm up	Main Theme	Contrasting Activity
Day 1	<p>Health and Safety Induction</p> <p>Max 10 mins</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>
Day 2	<p>Entries – swivel & steps</p> <p>Safe exits</p>	<p>Water Confidence game to include face wetting, movement & blowing bubbles</p> <p>MOVE ANY CHILDREN THAT ARE IN WRONG GROUPS</p>	<p>Movement game-Walking, running, hopping, jumping etc</p>
Day 3	<p>Recap entries — swivel, steps</p>	<p>Introduction to floating (front & back)</p> <p>Focus on regaining standing</p> <p>When safe introduce movement</p>	<p>Activities to include blowing bubbles e.g. egg flip races</p>

Swim England School Swimming Framework Awards 1 & 2

Week 2 w/c 13th Jan	Warm up	Main Theme	Contrasting Activity
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
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.)
Day 3	Jumping entries, in pairs(1 jumping one helping)	Holding the side doing Front Crawl kick 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)

Swim England School Swimming Framework Awards 1 & 2

Week 3 w/c 20th Jan	Warm up	Main Theme	Contrasting Activity
Day 1	Safe entry Revisit regaining standing from a floating position (from front and back)	Experiment with travel (use various aids, running, jumping, kicking)	Face washing activities and submersion if they are confident enough
Day 2	Game to include submersion and movement e.g. treasure hunt	Split into small groups and practice floating on front (faces in where possible) 5 mins Introduce short distance front crawl kick All together introduce front paddle	Floating on backs. Use a variety of equipment, in pairs or groups.
Day 3	Jump then submerge x5 Encourage swimmers, do not force	Assess against outcomes with minimal support	Organised play Maximum 5 minutes

Swim England School Swimming Framework Awards 1 & 2

Week 4 w/c 3rd Feb	Warm up	Main Theme	Contrasting Activity
Day 1	<p>Safe entry</p> <p>Movement activities that include blowing (bubbles)</p> <p>5 minutes</p>	<p>Alternating kicking with the feet off the floor using supports and various equipment</p>	<p>A different type of Movement with feet off floor holding an object</p> <p>Introduce breaststroke??</p>
Day 2	<p>Introduce the Water Safety Code</p>	<p>In groups, help each other to do back-stroke kick (with supports)</p> <p>Try backstroke kick without support</p>	<p>With Amber group, basic water polo game.</p> <p>Let them catch & throw with two hands. Keep it friendly.</p> <p>No body contact</p>
Day 3	<p>Hide and seek or tag game (hide under water)</p>	<p>Activities to encourage swimming on back e.g. walking backwards doing arm actions</p> <p>Then attempting full stroke with minimal support</p>	<p>Scuba diving game. Hunt for treasure on the sea bed</p> <p>Put into small teams</p>

Swim England School Swimming Framework Awards 1 & 2

Week 5 w/c 10th Feb	Warm up	Main Theme	Contrasting Activity
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
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
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
Half Term			

Swim England School Swimming Framework Awards 1 & 2

Week 6 w/c 24th Feb	Warm up	Main Theme	Contrasting Activity
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
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 Max 5mins
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



Key Stage 2 Primary School Swimming

Red Group



Swim England School Swimming Framework Awards 1 & 2

Week 7 w/c 2nd March	Warm up	Main Theme	Contrasting Activity
Day 1	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 re-gain standing Safe exit
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
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

Swim England School Swimming Framework Awards 1 & 2

Week 8 w/c 9th March	Warm up	Main Theme	Contrasting Activity
Day 1	Safe entry Floating shapes followed by attempts at push and glides to submersion	Push and glides into kicking/swimming on front and back	Attempt any underwater activities in pairs or small groups Safe exits
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
Day 3	Simon Says game Floating Movement Submersion.	Assessments against award outcomes 15 mins	Snake game Use front crawl kick in deeper water, with woggles Deeper water means just out of their depth not the deep end



Key Stage 2 Primary School Swimming

Red Group



Swim England School Swimming Framework Awards 1 & 2

Week 9 w/c 16th March	Warm up	Main Theme	Contrasting Activity
Day 1	Safe entry Travel games, front and back	Water safety booklet activities Focusing what to do if they fall into outdoor water	Push and glide and attempt rotation Safe exits
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
Day 3	Lifesaving. Set up an incident for the whole group, include going for help etc 10mins	Attempting 25m with minimal support	Organised play using body boards

Swim England School Swimming Framework Awards 1 & 2

Week 10 w/c 23rd March	Warm up	Main Theme	Contrasting Activity
Day 1	Safe entry Teacher led orientation games/travel	Skill assessment against the award outcomes 15minutes	Submerge twice rhythmically to pick up two objects
Day 2	Dolphin kick using own choice of equipment.	Distance assessments Try different strokes	Water polo practices Attack and defence Passing & catching with one hand
Day 3	Short distance races Water polo with supports		
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 1 w/c 6th Jan	Warm up	Main Theme	Contrasting Activity
Day 1	Health and Safety Induction 10 minutes max Explain what to do if they fall over in the water!!	Safe entry ALL GROUPS Swimming assessments Try different strokes	Movement games with and without aids Safe exit
Day 2	Safe entry and movement game	Water confidence / travel practices Make sure everyone is in the correct group for their ability	Submersion games in pairs
Day 3	Safe entry Jumping in (in pairs, assisting each other) x5	Floatation leading to movement on front and submersion activities	Simon says game covering floatation on front and back in different shapes

Swim England School Swimming Framework Awards 3 & 4

Week 2 w/c 13th Jan	Warm up	Main Theme	Contrasting Activity
Day 1	Safe entry Travel activities on front and back	Floating activities leading to push and glides, front & back (with and without an object)	Underwater exploration, through hoops and with sinkers Safe exit
Day 2	Safe entry Jump in and submerge x 5	Push and glides activities on front with travel (kicking) 5 -10m	Collect three objects off the bottom of the pool one at time without pause Safe exit
Day 3	Safe entry Aquatic Breathing Blowing toys, egg flips races etc	Recap push and glides on back with travel (kicking) 5-10metres Look for a good streamlined shape	Running relay using Frontcrawl arms to assist movement Check for good arm technique

Swim England School Swimming Framework Awards 3 & 4

Week 3 w/c 20th Jan	Warm up	Main Theme	Contrasting Activity
Day 1	<p>Safe entry</p> <p>An activity involving travel in different directions on front and back</p>	<p>Water safety booklet activities</p>	<p>Push and glide with rotations (front to back and back to front)</p> <p>Safe exit</p>
Day 2	<p>Circuit working in threes</p> <p>Use the corners to practice 4 different floatation skills change every 2 minutes</p>	<p>Front crawl kick and introduce paddle making sure the hands push to the hips</p> <p>Progress to full stroke.</p>	<p>Races</p> <p>Kicking on their backs anyone putting their feet down starts again.</p>
Day 3	<p>Introduce water safety code</p>	<p>Assessments against award outcomes</p> <p>Distance swims x 4</p> <p>Record results</p>	<p>In pairs / groups teaching each other handstands</p>

Swim England School Swimming Framework Awards 3 & 4

Week 4 w/c 3rd Feb	Warm up	Main Theme	Contrasting Activity
Day 1	Floating & movement 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 alternating kick Push and glides on front then with alternating kick Push and glides on front swim then rotate 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

Swim England School Swimming Framework Awards 3 & 4

Week 5 w/c 10th Feb	Warm up	Main Theme	Contrasting Activity
Day 1	Swim then submerge and collect three objects rhythmically return on back	Travel activities front and back with/ without an object (aim for 5m)	Water safety actions for help Safe exit
Day 2	Simon Says game including floatation, movement & submersion	Breaststroke walking doing arms Kicking Full stroke	Floating on back Then introduce sculling using flash cards
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			

Swim England School Swimming Framework Awards 3 & 4

Week 6 w/c 24th Feb	Warm up	Main Theme	Contrasting Activity
Day 1	<p>Safe entry</p> <p>Travel activities e.g. Tag, follow the leader etc.</p> <p>5 minutes</p>	<p>Reassessments against the award outcomes</p> <p>15 minutes</p>	<p>Floating shapes sequence 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 x 4</p>	<p>Body board swimming in pairs one doing arms and the other kicking then try without the boards and finish with full stroke</p>	<p>Floating sequence using flash cards only and no verbal commands</p>
Day 3	<p>Treasure hunt game in small teams - must involve submersion</p>	<p>Water polo practices</p> <p>Passing/catching (with two hands)</p> <p>Passing/catching (with one hand)</p> <p>Attack and defence</p>	<p>Constructive free play.</p> <p>Max 5 minutes</p>

Swim England School Swimming Framework Awards 3 & 4

Week 7 w/c 2nd Mar	Warm up	Main Theme	Contrasting Activity
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
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

Swim England School Swimming Framework Awards 3 & 4

Week 8 w/c 9th Mar	Warm up	Main Theme	Contrasting Activity
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
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 the award outcomes 15 minutes	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 w/c 16th Mar	Warm up	Main Theme	Contrasting Activity
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
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	Breaststroke practices	Festival practice for races etc.

Swim England School Swimming Framework Awards 3 & 4

Week 10 w/c 23rd Mar	Warm up	Main Theme	Contrasting Activity
Day 1	Safe entry Travel activities (5mins)	Assessment against the award outcomes (15mins)	Various relay races Safe exit
Day 2	10 widths consisting of: 2 x Front crawl 1 x Backstroke 1 x Fly kick 1 x Breaststroke x2	Assessments against the award outcomes (4 attempts each) 15 minutes	Recap any outcome that has not been signed off
Day 3	10metre races swimming & kicking Water polo with minimal support for weaker swimmers if in deep water		
End of Term			

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

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Swim England School Swimming Framework Awards 5 & 6

Week	Warm up	Main Theme	Contrasting Activity
Spring Term 1 Swim Week 1 w/c 13th Jan	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 the three days	Day 1 Travel games unaided Day 2 Floatation various shapes Day 3 Floatation and Sculling
Spring Term 1 Swim Week 2 w/c 20th Jan	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 increasing distances	Day 1 Sculling activities and games Day 2 Stationary, head and feet first and rotations Day 3 Movement sequence
Spring Term 1 Swim Week 3 w/c 27th Jan	Day 1 Travel on Backstroke Day 2 Travel on front introduce Breaststroke Day 3 Travel on front (Breaststroke)	Day 1/2 Front Crawl 1) Various kicking practices 2) Drills to improve understanding 3) Full stroke Day 3 assessment against outcomes	Working in small groups practicing Day 1 Forward somersaults Day 2 Leading to push and glide and somersault Day 3 Tumble turns
Spring Term 1 Swim Week 4 w/c 3rd Feb	Day 1/2 Various kicking activities front and back and include rotations Day 3 Distance challenge see how many widths they can do in 10 minutes	Breast stroke 1) Progressive kicking practices 2) Attempt arm actions with correct breathing technique	In small groups Handstands (or surface dives) and somersaults
Spring Term 1 Swim Week 5 w/c 10th Feb	Safe entry Recap full stroke Front Crawl	Water safety booklet activities	Attempt Butterfly and Breaststroke Safe exit
Half Term			

Swim England School Swimming Framework Awards 5 & 6

Week	Warm up	Main Theme	Contrasting Activity
Spring Term 2 Swim Week 6 w/c 23rd Feb	Safe entry Any full swims	Re assessments against the award outcomes 15minutes	Various relay races A different one each day Swimming, kicking, sculling etc. Safe exit
Spring Term 2 Swim Week 7 w/c 2nd Mar	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 Remind to bring clothing next week
Spring Term 2 Swim Week 8 w/c 9th Mar	Safe entry Introduce treading water with equipment	Travel without/with clothing (T-shirt)	In pairs, devise a sculling sequence lasting 20-30secs Safe exit Remind to bring clothing next week
Spring Term 2 Swim Week 9 w/c 16th Mar	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 Remind to bring clothing next week
Spring Term 2 Swim Week 10 w/c 23rd Mar	Safe entry Swimming in a T-shirt "How far can you swim?"	Re assessments against the award outcomes 15minutes	Water polo Safe exit
End of Term			

Outcomes for Award 5 & 6 to be completed without aids

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Swim England School Swimming Framework Awards

Aquatic Skills & Self Rescue

Week	Warm up	Main Theme	Contrasting Activity
Spring Term 1 Swim Week 1 w/c 13th Jan	Health and Safety Induction	Safe entry Swimming assessments Work on a different stroke each day	Day 1 Treading water games Day 2 Submersion games Day 3 Water polo skills
Spring Term 1 Swim Week 2 w/c 20th Jan	Safe entry How far can you swim? Front Crawl, Backstroke, Breaststroke, Butterfly See if they can improve each day and record distances	Front Crawl Progressive practices for kicking, arms and breathing	In groups of two or three devise movement sequences Let them develop this through out the week
Spring Term 1 Swim Week 3 w/c 27th Jan	Safe entry Day 1 Travel and submersion activities Day 2 DISTANCE CHALLENGE how far can they swim in 10 minutes Day 3 your choice	Backstroke Progressive practices for kicking, arms and breathing	Water polo games/Practices Day 1 Head up front crawl Day 2 Passing the ball and catching Day 3 Attack and defence NO BODY CONTACT
Spring Term 1 Swim Week 4 w/c 3rd Feb	Demonstrate 5 or 6 safe entries Into deep and shallow water	Breaststroke Progressive practices for kicking, arms and breathing	Day 1 Attempt the HELP and Huddle positions and explain why Day 2 Movement sequences same groups as before Day 3 As with day 2
Spring Term 1 Swim Week 5 w/c 10th Feb	Safe entry Travel, short swims but change strokes without pause Try different strokes each day	Attempt Butterfly Progressive practices for kicking, arms and breathing	In small groups devise movement sequences of three or more actions Safe exit
Half Term			

Swim England School Swimming Framework Awards

Aquatic Skills & Self Rescue

Week	Warm up	Main Theme	Contrasting Activity
Spring Term 2 Swim Week 6 w/c 23rd Feb	Safe entry Various practices for kicking and full stroke (change stroke each day)	Reassessments against the award outcomes 15 minutes	Day 1 Various lifesaving relays Day 2 Speed races Day 3 Your choice
Spring Term 2 Swim Week 7 w/c 2nd Mar	Various safe entries and exits including, Straddle, Tuck and Pencil	Water safety booklet activities	HELP, Huddle, float and shout for help Safe exit
Spring Term 2 Swim Week 8 w/c 9th Mar	Safe entry In full reach depth of water, submersion challenges	Distance challenge, "how far can you swim in 10mins?"	Water polo Develop tactics Safe exit
Spring Term 2 Swim Week 9 w/c 16th Mar	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
Spring Term 2 Swim Week 10 w/c 23rd Mar	Safe entry Butterfly Progressive practices for kicking, arms and breathing	Assessment against the award outcomes 15 minutes	Water polo games Safe exit
End of Term			

Swim England School Swimming Framework Awards Aquatic Skills & Self Rescue

Outcomes to be completed without aids

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