

Scheme of Work- Swimming

wk	INTRODUCTION	Main Theme - Beginners	Main Theme - Improvers	Contrasting Activity	
1	Assessment / Grouping / Intro to school swimming FUNdamentals / BASELINES				Half Term 1 - Sept-Oct
2	Intro to school swimming FUNdamentals - star fish skill move 5 metres front, back and sideways				
3	FUNdamental skills / games	Star Fish - Floating and Rotation intro to movement	Star Fish - Floating and Rotation including movement	FUNdamental skills / games	
4	FUNdamental skills / games	Intro to deep water / swimming	Deep Water / treading water	Star Fish - Floating	
5	FUNdamental skills / games	Travelling Back - test distances	Travelling back / test distance & recognised stroke	Submerging	
6	FUNdamental skills / games	Travelling Front - test distances	Travelling front / test distance & recognised stroke	Jump in	
BASELINES (100%) STAR FISH (60%) / 5 METRES (40%) 10 METRES (35%) 25 METRES (25%) RECOGNISED STROKE (10%)					
7	FUNdamental skills / games	Front & Back paddle	Front & Back Stroke	Rotation	Half Term 2 - Nov-Dec
8	FUNdamental skills / games	Intro to breaststroke leg action	Intro to breaststroke (whole stroke)	Treading water / Ask 3 safety questions	
9	FUNdamental skills / games	Stamina work	Stamina work	Key Skills	
10	FUNdamental skills / games	Test Distances - front	Test Distances - front *include recognised stroke	Key Skills	
11	FUNdamental skills / games	Test Distances - back	Test Distances - back *include recognised stroke	Key Skills	
12	Winter Drown Prevention Week - with aids if required				
13	Structured Activities - focus on sculling				
Star Fish (90-100%) / 5 METRES (60%) 10 METRES (50%) 25 METRES (40%) RECOGNISED STROKE (20%)					
14	FUNdamental skills / games	Stamina work	Stamina work	Key Skills	Half Term 3 - Jan-Feb
15	Push & Glides	Test Distances	Test Distances	Scenerio based games (Rookie Lifeguard)	
16	Rotation Games	Intro to Backstroke	Develop Backstroke technique	Sequence of 3 floats	
17	Push & glide with movement	Intro to Frontcrawl	Develop Frontcrawl technique	Submerging games	
18	Team Games	Intro Breaststroke	Develop Breaststroke technique	Treading water / Ask 3 safety questions	
19	Pre Drown Prevention Week - with PJ's (TEST Shark Award)				
Star Fish (95-100%) / 5 METRES (70%) 10 METRES (60%) 25 METRES (50%) RECOGNISED STROKE (40%) / SAFE SELF RESCUE (30%)					
20	Team Activites	Develop Backstroke	Backstroke Drill	Jump in	Half Term 4 - Mar-Apr
21	Team Activites	Develop Frontcrawl	Frontcrawl Drill	Surface dive	
22	Team Activites	Intro to shark award	Test shark award	Sculling	
23	Team Activites	Test distance & recognised stroke	Test distance & recognised stroke	Intro to diving	
24	Swimathon Week - competition of which schools swims the most lengths collectively				
Star Fish (97-100%) / 5 METRES (82%) 10 METRES (76%) 25 METRES (68%) RECOGNISED STROKE (55%) / SAFE SELF RESCUE (40%)					
25	Instructor Led	Frontcrawl - body and legs	Frontcrawl - body, legs & arms	Jump in & tread water	Half Term 5 - Apr-May
26	Instructor Led	Backstroke - body and legs	Backstroke - body, legs & arms	Sink, Push & Glide into surface dive	
27	Instructor Led	Intro into Frontcrawl arms and breathing	Frontcrawl - BLABT	Floating position into surface dive	
28	Instructor Led	Intro to Backstroke arms and breathing	Backstroke - BLABT	Games / Ask 3 safety questions	
29	Instructor Led	Recap all testing that's outstanding	Recap all testing that's outstanding	Games	
Star Fish (98-100%) / 5 METRES (86%) 10 METRES (82%) 25 METRES (75%) RECOGNISED STROKE (65%) / SAFE SELF RESCUE (55%)					
30	Instructor Led	Shark Award prep	Breaststroke - body, legs & arms	Prep for drown prevention week	Half Term 6 - Jun-Jul
31	Instructor Led	Shark Award prep	Intro to butterfly	Prep for drown prevention week	
32	Drown Prevention - PJ'S - TEST SHARK AWARD				
33	All NC outcomes	All NC outcomes	All NC outcomes	All NC outcomes	
34	All NC outcomes	All NC outcomes	All NC outcomes	All NC outcomes	
35	All NC outcomes	All NC outcomes	All NC outcomes	All NC outcomes	
36	All NC outcomes	All NC outcomes	All NC outcomes	All NC outcomes	
Star Fish (98-100%) / 5 METRES (82%) 10 METRES (76%) 25 METRES (82%) RECOGNISED STROKE (75%) / SAFE SELF RESCUE (70%)					