



Swimming Essentials:

<u>Entry</u> <ul style="list-style-type: none"> - Safe entries and exits from water - Use of steps - Use of side 	<u>Floating and Balance</u> <ul style="list-style-type: none"> - Understanding of buoyancy and balance - Understanding what can affect balance - How to become buoyant in the water 	<u>Rotation and Orientation</u> <ul style="list-style-type: none"> - How to turn around - How to lie back - How to lie forward - How to regain an upright position - How to twist from the back to the front and vice versa 	<u>Streamlining</u> <ul style="list-style-type: none"> - How to be streamlined - Why it is important
<u>Aquatic breathing</u> <ul style="list-style-type: none"> - Developing confidence in the water - Being at ease with water around the face - How to breathe correctly to develop a safe swimmer 	<u>Travel and Co-ordination</u> <ul style="list-style-type: none"> - Develop movement forwards - Develop movement backwards - Develop movement sideways - How to travel effectively and efficiently - Exploring different ways of travelling 	<u>Water Safety</u> <ul style="list-style-type: none"> - How to stay safe around, and in, water 	<u>Health and fitness</u> <ul style="list-style-type: none"> - Develop an understanding of why activity is good for you

Key Stage 1

- to have confidence in the water, to swim competently and proficiently over a distance of at least 25 metres S1
- to begin to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] S2
- to recognise how to perform safe self-rescue in different water-based situations. S3

Key Stage 2

- to swim competently, confidently and proficiently over a distance of at least 25 metres S1
- to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] S2
- to perform safe self-rescue in different water-based situations. S3

<p>1. <u>Enter the water safely</u></p> <ul style="list-style-type: none"> - Can I enter the water using ladders or steps (with help)? - Can I swivel and lower to get in the water (with help)? 	<p>3. <u>Move forward for a distance of 5m</u></p> <ul style="list-style-type: none"> - Can I walk forwards in water with help? (support from aids, equipment, TA) - Can I paddle forwards in water with help? (support from aids, equipment, TA) 	<p>4. <u>Move backwards for a distance of 5m</u></p> <ul style="list-style-type: none"> - Can I walk backwards in water with help? (support from aids, equipment, TA) - Can I paddle backwards in water with help? (support from aids, equipment, TA) 	<p>5. <u>Move sideways for a distance of 5m</u></p> <ul style="list-style-type: none"> - Can I walk sideways in water with help? (support from aids, equipment, TA) - Can I paddle sideways in water with help? (support from aids, equipment, TA)
<p>2. <u>Exit the water safely</u></p> <ul style="list-style-type: none"> - Can I exit the water using ladders or steps (with help)? - Can I climb out of the water safely? 			
<p>6. <u>Scoop the water and wash face</u></p> <ul style="list-style-type: none"> - Can I keep calm when I scoop water onto my face? 	<p>7. <u>Be at ease with water showered from overhead</u></p> <ul style="list-style-type: none"> - Can I walk under a shower of water comfortably? 	<p>8. <u>Move into a stretched floating position using aids, equipment or support (May be supported by TA)</u></p> <ul style="list-style-type: none"> - Can I use floats/arm bands to show a stretched floating position? - Can I hold the wall with my hands to show a stretched floating position? - Can I use steps to show a stretched floating position? 	<p>9. <u>Regain an upright position from on their back, with support. From horizontal to vertical (Upright position can be either floating or standing depending on the depth of the water)</u></p> <ul style="list-style-type: none"> - Can I use support to float on my back and then change to an upright/vertical position (TA, floats, wall)?
<p>10. <u>Regain an upright position from on the front with support. From horizontal to vertical (Upright position can be either floating or standing depending on the depth of water)</u></p> <ul style="list-style-type: none"> - Can I use support to float with my face in the water and change to an upright/vertical position (TA, floats, wall)? 	<p>11. <u>Take part in a teacher-led partner orientated game</u></p> <ul style="list-style-type: none"> - Can I work as a team to balance in the water? - Can I work as a team to float in the water? (buoyancy) 	<p>12. <u>Demonstrate an understanding of pool rules</u></p> <ul style="list-style-type: none"> - Can I explain how to follow an emergency exit? Discuss important of listening to teacher and stop if fire alarm/lockdown alarm alerts - Can I explain how to safely move around the pool? Discuss walking to avoid slipping and falling - Can I explain how to get ready for swimming and why this is important? Toilet and shower so that the swimming pool stays clean, girls tie hair back to stop covering eyes, take out jewellery so it doesn't get caught - Can I explain how to work sensibly with other children in the pool? Discuss importance of not splashing others as it may upset them, not pushing others as it may hurt them 	

Vocabulary

Move – a way of moving around the pool with feet on or off the bottom

Support – A wall, arm bands, a float or another person

Pool rules – assess children by asking question and practically applying them

Upright – as though you are standing up

Stage 2 (Seahorse)

<p>1. <u>Enter safely from poolside</u></p> <ul style="list-style-type: none"> - Can I start by sitting on the poolside at a safe distance from others? - Can I sit with my legs together and my feet in the pool? - Can I put my hands on the side with fingers in a diamond shape? - Can I push up on my hands, turn and slide into the water? 	<p>2. <u>Blow bubbles a minimum of three times rhythmically with nose and mouth submerged</u></p> <p>Support from wall/standing upright/aids/may be used</p> <ul style="list-style-type: none"> - Can I submerge or tilt my head in the water and blow bubbles 3 times? 	<p>3. <u>Regain upright position from their back without support</u></p> <p>Travel may be with or without aids/ deep or shallow water/ walking or paddling</p> <p>Can I float on my back and then change into an upright/vertical position?</p>	<p>4. <u>Regain upright position from their front without support</u></p> <p>Can use a float or aids</p> <ul style="list-style-type: none"> - Can I float with my face in the water and change to an upright/vertical position)?
<p>5. <u>Push from wall and glide on the back</u></p> <ul style="list-style-type: none"> - Can I push and glide on my back? - Can I start with my hands and feet on the wall/bar and toes under the water? - Can I push with control into a stretched position with my arms above my head/by my sides? 	<p>6. <u>Push from wall and glide on the front</u></p> <ul style="list-style-type: none"> - Can I push and glide on my front? - Can I start with my arms stretched out in front and my face in the water ready to push? - Can I push with my legs squeezed together and point my toes? - Can I start with my hands on the wall and from standing with my hands out in front? 	<p>7. <u>Travel on the back for 5m, aids or equipment may be used</u></p> <ul style="list-style-type: none"> - Can I swim for 5m on my back with both my hands and legs in the water? - Can I travel for 5m on my back with my ears in the water? - Can I only make a small splash whilst I am travelling? 	<p>8. <u>Travel on the front for 5m, aids or equipment may be used</u></p> <ul style="list-style-type: none"> - Can I swim for 5m on my front with both my hands and legs in the water? - Can I travel for 5m on my front with my chin on the surface of the water?
<p>9. <u>Perform a rotation from the front to the back to gain and upright position</u></p> <ul style="list-style-type: none"> - Can I rotate from a floating front position to my back? - Can I rotate from swimming on my front to my back? - Can I finish by returning to a vertical position (floating or standing)? 	<p>10. <u>Perform a rotation from the back to the front to gain an upright position</u> (Rotation can be around horizontal or vertical axis)</p> <ul style="list-style-type: none"> - Can I rotate from a floating back position to my front? - Can I rotate from swimming on my back to my front? - Can I finish by returning to a vertical position (floating or standing)? 		
<p><u>Vocabulary</u></p> <p>Rhythmically – Inhalation and exhalation is of equal length, in a controlled manner</p> <p>Support – A wall or other person</p> <p>Travel – Any mean of moving independently around the pool with feet off the pool floor using arms and legs</p> <p>Upright position – Either standing or vertical floating position</p>			

Stage 3 (Otter)	<p>1 Enter safely from poolside</p> <ul style="list-style-type: none"> - Can I start by sitting on the poolside at a safe distance from others? - Can I sit with my legs together and my feet in the pool? - Can I put my hands on the side with fingers in a diamond shape? - Can I push up on my hands, turn and slide into the water? 	<p>2 Sink, push away from wall on side and maintain a streamlined position</p> <ul style="list-style-type: none"> - Can I use 2 feet to push off the wall - Can I have my hands on top of each other and extended over my ears? - Can I squeeze my legs together and point my toes after pushing off? 	<p>3 Push and glide on the front with arms extended and log roll onto the back</p> <ul style="list-style-type: none"> - Can I push and glide on my front with my arms extended and covering my ears? - Can I log roll (or rotate) onto my back keeping my body shape position? 	<p>4 Push and glide on the back with arms extended and log roll onto the front</p> <ul style="list-style-type: none"> - Can I push and glide on my back with my arms extended and covering my ears? - Can I log roll (or rotate) onto my back keeping my body shape position?
	<p>5 Travel on the front, tuck to rotate around the horizontal axis to return to the back</p> <p>Can I travel on my front with my feet off the floor? Can I float on my front? Can I create a tuck shape? Can I rotate in a tuck shape? Can I keep my feet off the floor throughout my rotation? Can I return to a standing position?</p>	<p>6 Fully submerge to pick up an object (in deep water use a suspended object)</p> <ul style="list-style-type: none"> - Can I submerge my head under the water and pick up an object with 2 hands? - Can I return to the surface with my object? 	<p>7 Answer correctly three questions on the Water Safety Code</p> <ul style="list-style-type: none"> - Can I explain 3 top tips from the Water Safety Code? - Don't go alone - Go with a friend - Tell someone where you are going 	<p>8 Travel 10m on the back</p> <ul style="list-style-type: none"> - Can I travel 10m independently on my back without touching my feet on the pool floor? - Can I control the use of my arms and legs when I am travelling?
	<p>9 Travel 10m on the front</p> <ul style="list-style-type: none"> - Can I travel 10m independently on my back without touching my feet on the pool floor? - Can I control the use of my arms and legs when I am travelling? 			
	<p><u>Vocabulary</u> Travel - Any mean of moving independently around the pool with feet off the pool floor using arms and legs Roll – Log roll(arms out straight in a point above the head and legs held close together) Swim – Any means of moving by performing a recognised stroke</p>			

<p>1. Spot the dangers Whenever you're near water always take extra care:</p> <ul style="list-style-type: none"> • Never fool around or run besides water – you might trip and fall in • Take care on the riverbank – it may be slippery and can crumble • Keep away from the edge of canals – the water is often very deep • Beware of locks and weirs – the water flows very quickly 	<p>2. Take safety advice To be safe, choose a swimming pool or beach where there are lifeguards:</p> <ul style="list-style-type: none"> • Always follow the advice of a lifeguard – find out where and when it is safe to swim • Look for signs or flags which tell you if it is safe to swim • Never swim where a sign or flag tells you not to
<p>3. Do not go alone If you're alone there will be no-one to help you if you get into trouble in the water</p> <ul style="list-style-type: none"> • Never go swimming, fishing or boating on your own • Go with a friend who can help you if you're in trouble in difficult water – even if they cannot help you out, they can get help • Always make sure a grown-up known where you are going and when you will be back <p>Water Skills Award Grade 4.</p>	<p>4. Learn how to help If you see someone in trouble in the water, here's how you can help:</p> <ul style="list-style-type: none"> • Keep calm – always think before you act • Try to get help – shout "help, help" as loud as you can • Reach out with a stick, a pole, a towel or clothing to pull the person to the water's edge – always lie down when you are trying to pull someone in so that you don't get pulled in • If you can't reach the person and no-one comes when you shout for help, telephone 999 or 112 and ask for help <p>NEVER JUMP INTO THE WATER YOURSELF!</p>

<p>1. <u>Demonstrate an understanding of buoyancy</u> (Use water bottle, float, brick, star float, swimming through a hoop)</p> <ul style="list-style-type: none"> - Can I understand what buoyancy means? - Can I find a piece of equipment which will help me to float? - Can I find a piece of equipment which will make me sink? 	<p>2. <u>Perform a tuck float (mushroom float) for 5 seconds</u></p> <ul style="list-style-type: none"> - Can I take a deep breath and hold my breath underwater? - Can I slowly curl up and bend my knees into my tummy? - Can I tuck my arms around my knees whilst my chin rests on my chest? - Can I hold my tucked mushroom float for 5 seconds? 	<p>3. <u>Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface</u></p> <ul style="list-style-type: none"> - Can I create 3 shapes in the water with control? - Can I link 3 shapes in a flowing and linked sequence? - Can I pause at each shape to show my control? 	<p>4. <u>Push and glide from the wall to the pool floor</u></p> <ul style="list-style-type: none"> - Can I start with either 2 or no hands on the wall? - Can I push and glide on my front with my arms extended and covering my ears? - Can I start with my arms stretched out in front and my face in the water ready to push? - Can I move my hips/bottom upwards as I push down towards the floor?
<p>5. <u>Swim 10m backstroke</u></p> <ul style="list-style-type: none"> - Can I use straight arms and alternate them correctly? - Can I turn my hand palm out as I go past my ears? - Can my hands enter the water correctly (little finger first)? - Can I use long swinging legs and kick upwards with my toes breaking the surface? - Can I kick from my hips? - Can I keep my legs close together? - Can I keep my body stretched? 	<p>6. <u>Swim 10m front crawl</u> (Face may be in or out of water)</p> <ul style="list-style-type: none"> - Can I use alternate arms correctly? - Can I rotate my arms so that my hands enter the water correctly (fingertips first)? - Can I use long legs with a small splash in the water? - Can I kick from my hips? - Can I keep my hips close to the water surface? - Can I keep my ankles loose? 	<p>7. <u>Swim 10m breast stroke on the front</u></p> <ul style="list-style-type: none"> - Can I keep my body stretched out? - Can I keep my thighs still? - Can I flex my knees to lift my heels to the bottom? - Can I flex my feet outward? - Can I drive my heels outwards and backwards? - Can I bring my feet together to return to straight legs? - Can I keep my knees close together throughout? - Can I keep in a symmetrical shape? 	<p>8. <u>Perform on the back a head first sculling action for 5m in a horizontal position</u></p> <ul style="list-style-type: none"> - Can I create a stretched position on the surface of the water? - Can I point my toes? - Can I create a figure of 8 with my fingers tilted upwards? - Can I make sure the back of my hands are facing my head and ears? - Can I remember to keep my hands in the water throughout?
<p>9. <u>Travel on the back and roll in one continuous movement onto front</u></p> <ul style="list-style-type: none"> - Can I start from a paddle, backstroke or kicking on my back? - Can I perform a log roll to rotate with my head leading? - Can I turn my head to the side? - Can I lift my shoulder? - Can I rotate my hips? - Can I remember to kick my legs throughout my rotation? 	<p>10. <u>Travel on front and roll in one continuous movement onto back</u></p> <ul style="list-style-type: none"> - Can I start from a front paddle, front crawl or kicking on my front? - Can I perform a log roll to rotate with my head leading? - Can I turn my head to the side? - Can I lift my shoulder? - Can I rotate my hips? - Can I remember to kick my legs throughout my rotation? 	<p>10 <u>Swim 10m choice of stroke is optional</u></p> <ul style="list-style-type: none"> - Can I swim any choice of stroke (as above) confidently and with competence, showing the correct technique throughout the 10m? 	<p>11 <u>Hold a breath, under the water, for 10 seconds</u></p> <ul style="list-style-type: none"> - Can I put my face, or head, fully under the water? - Can I hold my breath for a count of 10 seconds?

Vocab

Scull – Swimming horizontally on back or front using only hands for propulsion

Alternate – change arms repeatedly

Symmetrical – equal on either side

Rotation – move in a circle from a fixed position

<u>Stage 5 (Angelfish)</u>	<p>1. <u>Perform a feet first scull on the back and travel 5m</u></p> <ul style="list-style-type: none"> - Can I push off and adopt a float position on my back with my arms straight and by the sides of my body? - Can I flex my wrists with my fingers facing towards the bottom of the pool and palms facing towards my head? - Can I remember to keep my hands in the water throughout? 	<p>2. <u>Perform a scull and log turn with a partner 5m</u></p> <ul style="list-style-type: none"> - Can I push off and adopt a float position on my front with my arms straight and by the sides of my body? - Can I perform a sculling action with my arms on my front? - Can I move backwards when my partner moves forwards and vice versa? - Can we both perform a log turn after the sculling action? 	<p>3. <u>Perform a tuck forwards somersault in the water?</u></p> <ul style="list-style-type: none"> - Can I start with the correct position (arms in a horizontal position and standing on tip toes with knees slightly bent)? - Can I tuck my head towards my chest? - Can I push up on my feet, tuck my knees up and tuck my head towards my chest? - Can I roll in a continuous motion and return to an upright position? 	<p>4. <u>Perform a handstand and hold it for 3 seconds</u></p> <ul style="list-style-type: none"> - Can I submerge my body and place my hands flat on the pool floor? - Can I push against the floor whilst bending my elbows? - Can I straighten my legs, both at the same time? - Can I hold my legs together and point my toes upwards? - Can I straighten my arms? - Can I hold the position for 3 seconds?
	<p>5. <u>Swim 10m backstroke</u></p> <ul style="list-style-type: none"> - Can I maintain a flat body position? - Can I use straight arms and alternate them correctly? - Can I turn my hand palm out as I go past my ears? - Can my hands enter the water correctly (little finger first)? - Can I bend my arm when it is at shoulder level, pull my arm sideways and roll my body? - Can I use long swinging legs and kick upwards with my toes breaking the surface? - Can I kick from my hips? - Can I keep my legs close together? - Can I keep my body stretched? 	<p>6. <u>Swim 10m front crawl</u></p> <ul style="list-style-type: none"> - Can I maintain a flat body with my face in the water? - Can I turn my head to the side to breathe? - Can I maintain a regular breathing pattern? - Can I breathe to the side, on alternate side, every third arm stroke? - Can I use alternate arms correctly? - Can I rotate my arms so that my hands enter the water correctly (fingertips first)? - Can I use long legs with a small splash in the water? - Can I kick from my hips? - Can I keep my hips close to the water surface? - Can I keep my ankles loose? 	<p>7. <u>Swim 10m breast stroke on the front</u></p> <ul style="list-style-type: none"> - Can I keep my body stretched but at a small angle with feet slightly lower than my chest? - Can I pull my arms down so that the hands stay in front of the shoulders? - Can I keep my thighs still? - Can I flex my feet outward? - Can I drive my heels outwards and backwards? - Can I bring my feet together to return to straight legs? - Can I keep my knees close together throughout? - Can I keep in a symmetrical shape? - Can I maintain a regular breathing pattern (one complete stroke for each breath)? 	<p>8. <u>Signal for help when in trouble</u></p> <ul style="list-style-type: none"> - Can I tread water effectively? - Can I maintain treading water whilst raising one hand? - Can I wave with one hand whilst treading water? - Can I maintain this position for 20 seconds?
<p><u>Vocab</u> Motion - movement Tuck - tuck your chin to your chest, forming the shape of a ball Treading water – stay in a vertical position to keep their head above the surface of the water, while not providing sufficient directional thrust to overcome inertia and propel the swimmer in any specific direction.</p>				

Stage 6 (Jellyfish)

<p>1 <u>Push and glide on the side with arms extended, kick and rotate into backstroke</u></p> <ul style="list-style-type: none"> - Can I push and glide on my side with my arms extended and covering my ears? - Can I rotate onto my back maintaining my body shape position? - Can I move seamlessly into backstroke? 	<p>2 <u>Push and glide on the side with arms extended, kick and rotate into front crawl</u></p> <ul style="list-style-type: none"> - Can I push and glide on my side with my arms extended and covering my ears? - Can I rotate onto my front maintaining my body shape position? - Can I move seamlessly into front crawl? 	<p>3 <u>Swim 10m front crawl efficiently</u></p> <p>Can I maintain a flat body with my face in the water?</p> <p>Can I turn my head to the side to breathe?</p> <p>Can I maintain a regular breathing pattern?</p> <p>Can I breathe to the side, on alternate side, every third arm stroke?</p> <p>Can I rotate my arms so that my hands enter the water correctly (fingertips first)?</p> <p>Can I raise my arms out of the water with the elbow bent?</p> <ul style="list-style-type: none"> - Can I kick from my hips? - Can I keep my hips close to the water surface? 	<p>4 <u>Swim 10m breast stroke efficiently</u></p> <ul style="list-style-type: none"> - Can I keep my body stretched but at a small angle with feet slightly lower than my chest? - Can I pull my arms down so that the hands stay in front of the shoulders? - Can I drive my heels outwards and backwards? - Can I bring my feet together to return to straight legs? - Can I keep in a symmetrical shape? - Can I maintain a regular breathing pattern (one complete stroke for each breath)? - Can I raise my head out of the water in a quick and efficient motion to draw breath?
<p>5 <u>Swim 10m dolphin leg kick</u></p> <ul style="list-style-type: none"> - Can I lay face down, horizontally in the water? - Can I keep my legs and feet together with my toes pointed? - Can I keep my arms by my side? - Can I press my chest down in the water and then release it? - Can I press my hips down and release them? - Can I repeat the sequence? - Can I keep my knees bent and then extend them? - Can my legs follow my hips as they go up? - Can I add power to my kick? 	<p>6 <u>Swim 20m choice of stroke is optional</u></p> <p>Can I swim any choice of stroke (as above) confidently and with competence, showing the correct technique throughout the 25m?</p>	<p>7 <u>Swim 10m wearing clothes and perform a shout out and rescue signal</u></p> <ul style="list-style-type: none"> - Can I swim 10m, using the correct breaststroke technique, whilst wearing clothes (a set of long sleeved and long leg pyjamas)? - Can I tread water for 30seconds? - Can I raise my arm and wave? - Can I shout for help whilst treading water and waving? 	
<p>Vocab</p> <p>Seamlessly - no apparent gaps or spaces between one part and the next</p> <p>Efficient - achieving maximum productivity with minimum wasted effort</p> <p>Competence - do something successfully or efficiently</p>			

<p>1 <u>Swim 25m front crawl efficiently</u> Can I maintain a flat body with my face in the water? Can I turn my head to the side to breathe? Can I maintain a regular breathing pattern? Can I breathe to the side, on alternate side, every third arm stroke? Can I rotate my arms so that my hands enter the water correctly (fingertips first)? Can I raise my arms out of the water with the elbow bent? - Can I kick from my hips? - Can I keep my hips close to the water surface?</p>	<p>2 <u>Swim 25m breast stroke efficiently</u> - Can I keep my body stretched but at a small angle with feet slightly lower than my chest? - Can I pull my arms down so that the hands stay in front of the shoulders? - Can I drive my heels outwards and backwards? - Can I bring my feet together to return to straight legs? - Can I keep in a symmetrical shape? - Can I maintain a regular breathing pattern (one complete stroke for each breath)? Can I raise my head out of the water in a quick and efficient motion to draw breath?</p>	<p>3 <u>Swim 25m backstroke efficiently</u> Can I maintain a flat body position? Can I use straight arms and alternate them correctly? Can I turn my hand palm out as I go past my ears? Can my hands enter the water correctly (little finger first)? Can I bend my arm when it is at shoulder level, pull my arm sideways and roll my body? - Can I use long swinging legs and kick upwards with my toes breaking the surface? - Can I kick from my hips? - Can I keep my legs close together? - Can I keep my body stretched?</p>	<p>4 <u>Swim 10 metres butterfly on the front</u> Can I flex my body so that my arms and legs enter the water smoothly? Can I pull my hands down and push down my lower legs with toes pointed? Can I pull my arms wide with my head looking forward? Can I push my legs up whilst pushing my hips down whilst moving my hands under my shoulders then under my body and push my head out of the water? Can I bring my arms out and over the water with my head pushed forward to breathe? Can I bring my arms over straight and wide with my face down in the water? Can my hands enter the water in front of the shoulders to repeat the action?</p>
<p>- 5 <u>Swim 5m underwater</u> - Can I push off the wall in a streamlined position? - Can I glide under the water 20cm below the surface? - Can I begin to use breaststroke arms and legs? - Can I exhale a little bit of breath at a time? - Can I continue to use breaststroke arms all the way to my hips? - Can I continue to kick my legs, pull my arms under my chest and then pull down again to repeat the stroke? - Can I come to the surface, take a breath and then push down to continue swimming underwater?</p>	<p>- 6 <u>Perform a Breaststroke Turn</u> - Can I swim towards the wall keeping a constant pace? - Can I touch the wall with both hands at the same time? - Can I bend one arm in towards my body whilst at the same time pulling my knees up towards my body? - Can I lift the upper arm over the top of my body and take a deep breath whilst looking towards the wall? - Can I drop back under the water and push off with my feet whilst holding my hands in the "streamlined position"? - Can I rotate my body onto the front and glide? - Can I continue with the breaststroke technique?</p>	<p>7 <u>Sequence – scull/rotate/float in a group</u> Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills: - <i>Sculling</i>: head first, feet first <i>Rotation</i>: forward or backward somersault, log roll <i>Floating</i>: star on the front or on the back, tuck float, create own <i>Eggbeater</i>: Moving, lifting one or both arms out of the water</p>	<p>8 <u>Swim 25m, choice of stroke is optional</u> Can I swim any choice of stroke (as above) confidently and with competence, showing the correct technique throughout the 25m?</p>
<p><u>Vocab</u> Eggbeater - kick each leg separately in a circular motion (Right leg in counter-clockwise motion, left leg in clockwise motion) Symmetrical – equal on either side Streamlined position arms – arms high above head and hands together (an arrow shape)</p>			

<p>1 <u>Swim 50m front crawl efficiently</u> Can I maintain a flat body with my face in the water? Can I turn my head to the side to breathe? Can I maintain a regular breathing pattern? Can I breathe to the side, on alternate side, every third arm stroke? Can I rotate my arms so that my hands enter the water correctly (fingertips first)? Can I raise my arms out of the water with the elbow bent?</p> <ul style="list-style-type: none"> - Can I kick from my hips? - Can I keep my hips close to the water surface? 	<p>2 <u>Swim 50m breast stroke efficiently</u> - Can I keep my body stretched but at a small angle with feet slightly lower than my chest? - Can I pull my arms down so that the hands stay in front of the shoulders? - Can I drive my heels outwards and backwards? - Can I bring my feet together to return to straight legs? - Can I keep in a symmetrical shape? - Can I maintain a regular breathing pattern (one complete stroke for each breath)? Can I raise my head out of the water in a quick and efficient motion to draw breath?</p>	<p>3 <u>Swim 50m backstroke efficiently</u> Can I maintain a flat body position? Can I use straight arms and alternate them correctly? Can I turn my hand palm out as I go past my ears? Can my hands enter the water correctly (little finger first)? Can I bend my arm when it is at shoulder level, pull my arm sideways and roll my body?</p> <ul style="list-style-type: none"> - Can I use long swinging legs and kick upwards with my toes breaking the surface? - Can I kick from my hips? - Can I keep my legs close together? - Can I keep my body stretched? 	<p>4 <u>Swim 10 metres butterfly on the front</u> Can I flex my body so that my arms and legs enter the water smoothly? Can I pull my hands down and push down my lower legs with toes pointed? Can I pull my arms wide with my head looking forward? Can I push my legs up whilst pushing my hips down whilst moving my hands under my shoulders then under my body and push my head out of the water? Can I bring my arms out and over the water with my head pushed forward to breathe? Can I bring my arms over straight and wide with my face down in the water? Can my hands enter the water in front of the shoulders to repeat the action?</p>
<p>5 <u>Perform a surface dive from a horizontal, face down, stationary position</u> Can I maintain a horizontal position (face down) in the water?</p> <ul style="list-style-type: none"> - Can I hold the position for 3 seconds? - Can I push down with my chest first so my body is in an L shape? - Can I push through the water 	<p>6 <u>Perform a Tumble Turn</u> - Can I swim at a constant pace until I reach 1m before the wall? - Can I pull my leading arm into my body and tuck my chin to my chest? - Can I begin to roll my body round as my hand reaches my chest? - Can I place both feet on the wall, facing the surface of the water, about a shoulder width apart and keep my knees bent? - Can I push off the wall keeping my arms in the streamline position? - Can I use the butterfly leg kick for three large kicks to add power? - Can I continue with front crawl legs, rise away from the bottom of the pool and when my head is close to breaking the surface, make my first arm pull?</p>	<p>7 <u>Swim Underwater for 10m</u> - Can I push off the wall in a streamlined position? - Can I glide under the water 20cm below the surface? - Can I begin to use breaststroke arms and legs? - Can I exhale a little bit of breath at a time? - Can I continue to use breaststroke arms all the way to my hips? - Can I continue to kick my legs, pull my arms under my chest and then pull down again to repeat the stroke? - Can I come to the surface, take a breath and then push down to continue swimming underwater?</p>	
<p><u>Vocab</u> Surface dive – a dive made from the surface of the water Stationary position – not moving Tumble turn – a flip to reverse the direction of travel</p>			