

**Initial briefing** – children learn about the rules of the pool. How to say safe in a swimming pool environment. Practise the emergency drill, discuss the swimming pool charter and reward systems. They also learn the dimensions of our pool ie. 12 x 6.5 m. 95 cm at the shallow end, to 1.4m at the deep end. Foot check is also carried out.

**Reception** – learn how to enter the pool safely ie. steps – climbing in backwards or climbing in from the side by sitting down and turning round (swivel entry). Introducing and improving water confidence through water play, games and partner work is very important. Body awareness is also a focus especially in regaining feet from front and back floating positions. Children learn how to use various equipment ie. different types of floats, mainly woggles and back packs. Aquatic breathing is introduced where children are encouraged to go underwater but it is not compulsory and as a minimum they can just splash/wash their own face. Other main activities are floating in different shapes, how to glide, ball skills with/without a partner, collecting sinkers using hands or feet and how to improve stamina. We improve front paddle by extending the arms and leg action, sculling arms on our back and learn to kick breaststroke leg kick. Advanced swimmers work on over arm crawl. We also learn how to swim through a hoop and try log rolling. Reception children work in the shallow end which is roped off until they are ready to try length swims.

**Year 1** – learn and revise rules and swim charter. Practise emergency drill. Check feet. Learn how to use woggle floats to improve stamina. Perform paired racing using woggles. Throw, catch and shoot with a large ball (in preparation for waterpolo). The frontcrawl arm action and breathing is a large focus and improving the crawl leg kick. Children learn to swim through underwater hoops (various levels) and are introduced to other skills eg. rolls and handstand techniques. Linking movements together is also a focus eg. gliding and opening out to floating star shapes. Advanced children learn the backcrawl, start and underwater push and glide through a sinker hoop. Improving breaststroke, leg kick on back and front using woggles and introducing arm action. Butterfly body position (undulation) is introduced with double action leg kick. Children will experience racing in teams.

**Improvers Year 1** – work at a steadier pace with the main emphasis on improving body position and leg kick with lengthening the front paddle arm action. Simple gliding techniques and floating practices are revised repeatedly. The main emphasis is to maintain and improve water confidence with the option of submerging head with a simple bob in and out again. Basic questions relating to hygiene are discussed eg. why do we have a shower?

## **Year 2** – Rules, emergency drills and foot checks.

Improving the quality of the front and backcrawl leg kicks is a large focus. Various underwater gliding through sinker hoops. Improving the pathway of the hand in the frontcrawl arm action is taught. Challenges underwater, such as a timed team sinker collection game. The speed of frontcrawl is also improved with timed challenges. Back crawl arm action and co-ordination is developed. Ball skills include throwing a ball into a basketball ring/waterpolo goals. Linking different gliding to different moves ie. glide forward roll. Different methods of sculling. Revision of backcrawl starts and finishes and racing techniques. Improve breaststroke arm and leg action with improving co-ordination. Introducing the pull buoy float for arm only practices. Introduce correct breaststroke starts, turns and finishes. Improve butterfly stroke adding in arm action as a simple circular motion. Width racing challenges. Basic rescue skills eg. a reach rescue using a woggle. Discussion of beach safety including knowledge of flags and principles of water safety. Waterpolo mini game 4v4 to improve throwing and catching in a team. Introduce judging ie. say why someone has good skills. Introduce aqua skimmers to improve hand/eye co-ordination in pairs. Develop rolling and log rolling to improve underwater confidence. Advanced – extend the distance between 2 sinkers to collect to improve underwater swimming.

**Improvers Year 2** – work at a steady pace maintaining water confidence. Emphasis is on achieving good body position whilst improving leg and arm action on back and front. Gliding skills are important to help lengthen the stroke technique and can achieve swimming without the need for floats to assist. Revision on water play and developing water confidence. Revision of floating on front and back helps to maintain good posture. Discussion on how and why we warm up at the start of a swimming lesson.

## **Year 3** – Rules, emergency drill, foot check.

Improve bilateral (both sides) frontcrawl breathing. Discuss what happens to the body when sprinting. Use flippers to improve crawl leg action. Advanced – perform one width underwater. Introduce sculling techniques in a synchronised swimming sequence. Perform in a group and evaluate. Improve floating without using woggles or other floats. Surface dive through a floating hoop. Improve butterfly leg kick using flippers. Ball skills – 2v1 competition to improve attacking and defending skills for waterpolo. 4v4 waterpolo competition. Simple rescue skills – teach head up frontcrawl, lifesaving backstroke, trawling and sidestroke. Rescue a swimmer with an aid (land based). Throwing rescue (balls/rope). Learn the water safety code and discuss the different types of beach flags. Improve racing breaststroke and discuss difference between ‘whipkick’ and ‘wedge kick’ of breaststroke. Fun paired races practice timing each other with

stopwatches. Introduce rolling and gliding practices to assist with teaching, racing tumble turns. Linking skills eg. handstands with forward rolls and front roll to back roll. Understand the need for swimming training to improve fitness. Learn to pace yourself in different swimming challenges related to speed, distance and personal survival. Explain 2 rules governing a stroke.

**Year 3 improvers** – have a dedicated lane to move at a steadier pace. Use of floats, if required, especially on back. Work on correct breathing technique assists greatly with mastering frontcrawl. Co-ordination of the 4 main strokes is improved. Any activity can be adapted to suit the ability of a swimmer eg. somersault practices as a minimum, a weaker swimmer may have a target of simply placing one hand on the bottom of the pool floor to gain success.

**Year 4** – Rules, emergency drill, foot check. Assessment of 4 main strokes. National speed awards for frontcrawl assessment 20m sprint. Bronze 18.2 seconds, Silver 16.2, Gold 14.1. How many in class can achieve a Bronze? Improve rhythm of frontcrawl stroke ie. 6 kicks to 1 arm cycle. Correct start for our sized pool 3 dolphin kicks in an underwater glide. Backcrawl also 6 kicks to 1 arm cycle. Revise correct starts and finishes for racing techniques. Full game of waterpolo – 1 handed throws. Pass ahead moving forward to attack. Improve the speed of throws. Advanced to try watervolley ball. Discuss how to improve performance. Discuss the recovery process after sprinting. Improve butterfly arm action using flippers – 2 kicks to 1 arm cycle rhythm. Aquatic breathing for butterfly – breathe alternate arm pulls. Revise ‘whip’ kick of breaststroke. Revise arm action and improve co-ordination using breathing practices. Discuss ‘explosive’ breathing. Improve pathway of breaststroke arms. Waterpolo tournament. Introduce tumble turns. Team mixed stroke (medley) racing. Select captains and organise and select swimmers matching ability to stroke. Discuss stamina and sprinting based on different strengths and ability. Water safety and rescue skills warmup using the game ‘raging river’. Reach rescue and a non-contact water based rescue using a woggle to tow. Discuss aftercare of casualty and the duties of a lifeguard. Why are some rescues more effective than others? Suggest improvements.

Improvers in Year 4 may work at a slower pace with a large input from the swimming teaching assistant and lots of coaching points on improving basic techniques.

**Year 5** – Rules, emergency drill, foot check. Stroke counting to improve pace. Timed 20m sprint for frontcrawl aiming for national bronze award and above for 20m. Revise aqua skimmers. Try left and right hand to flick and spin to partner. Discuss how to sprint well. Use of training equipment eg. hand paddles – emphasise good entry and recovery of arm pull. Revise correct underwater glide start for frontcrawl racing aiming for a smooth transition into the full stroke. Improve and develop tumble turns on back and front. Improve butterfly armpull and timing of

stroke assisted with flippers and without flippers. Waterpolo matches – vote for star of the game – who played well and why? 2v1 to sharpen up getting free to receive a pass. Discuss other tactics. Shooting and passing combinations. 1 length underwater with/without flippers. Improve timing of breaststroke with woggles and other floats. Pull buoys only to develop arm action. Develop back stroke arm action using shoulder roll and stroke counting to improve pace. Perform individual medley (mixed stroke racing). Rescue stroke swimming – improve side stroke. Perform reach rescue, throw rescue, non-contact water based rescues. Select appropriate stroke for the correct rescue. Team rescue 'helping others' core skill. Use good communication skills and understand the need for aftercare. Identify 4 main beach flags. Competitive underwater challenge. Fun races and games. Volleyball – how to volley, serve and play a team game up to 10 points.

**Year 5 Improvers** – main emphasis is on building stamina in the main strokes especially backstroke. Perfecting an effective grab turn instead if unable to tumble turn.

**Year 6** – Have 6 x 1 hour lessons with additional waterpolo sessions in the summer term.

Rules, emergency drill and foot check.

Improve team medley racing (mixed stroke relays) with good changeovers.

Develop front and backcrawl starts and finishes.

Develop bilateral breathing of frontcrawl.

Develop 'whip' kick timing in breaststroke.

Develop tumble turns.

Develop butterfly timing and arm action.

Develop waterpolo tactics and improve water volleyball skills ie. introduce smash.

Assess for school swimming certificate.

Develop underwater skills.

Rescue skills to include some first aid eg. What is hypothermia and how it is treated. Discuss how to prepare and recover from specific activities. Discuss the benefits of regular exercise.

Develop streamlining as a means of efficiency in swimming strokes and sculling techniques.

All swimmers from Reception to Y6 have 6 x 1 hour school swimming lessons per year. Sports Premium funds an additional 6 lessons for children in Reception, Y1,2,3,4,5.