|  |
| --- |
| **RED Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **1** | First lesson briefing, use template. 5minEntry: Sit & Swivel  | Initial Assessment:all pupils who are identified as non-swimmers to start warm up activities. Warm Up: Kicking activity holding wall. Fast Legs & Slow Legs. Movement Game such as the Animal game.  | Water confidence, Floatation & regaining feet: Teach pupils how to blow bubbles. Float on both front & back and how to stand back up.   | NA | NA | Regain Feet activity/ game: Example: Goal keeper game.  | How to climb out of the pool safely. Review learning objectives. Check learning from lesson.  |
| **Time:** | 5min | 10min | 5min | 0min | 0min | 5min | 5min |
| **2** | Recap rules from first session. Learning objectives for session. Sit and swivel entry & blow bubbles.  | Movement Game:Bean Game.All pupils active adapt to ability of group. **Move any pupils that are in the wrong group.**   | Recap Floatation & regaining feet: Use games from session 1 and develop floating if a variety of shapes, reducing buoyancy aids.  | Front Paddle/ kick:Focus on developing leg kick. Introduce reach and pull arms. Combine with blowing bubbles.  |  NA | Submersion Activity/ Game: Example: deep sea treasure hunt.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 5min | 10min | 0min | 5min | 2min |
| **3** | Recap learning from session 2. Outline learning objectives for session 3. Jump in entry. Repeat 2 times if able to. | Tag/ Stuck in the Mud Game: Adapt to pupils ability and depth of water. All pupils to be active.  | Recap submersions activity/ game: Blowing bubbles reap. Under water funny face competition. Pupils in pairs, repeat 4 times.  | Back paddle / kick:Introduce basic push & glided to work on correct body position. Focus on developing leg kick. Do not develop arm action.  | Front paddle/ kick: Teachers to keep class moving for set periods (2min) working on physical fitness & stamina. Use teaching area as a circuit to keep pupils moving.  | NA | Climb out.Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 5min | 10min | 5min | 0min | 2min |
| **RED Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **4** | Recap learning from session 3. Outline learning objectives for session 3. Jump in entry. Repeat 2 times if able to. | Shark Attack or Sleeping Lions. Any activity that works on movement, change of direction, floatation and regaining a standing position.  | Water Confidence in Deep water (1.2m – 1.5m) & Basic Treading Water: NOTE: think about the safety of pupils and how to minimise any risk through appropriate aids and grouping. | Back Paddle/ kick:Continue to develop leg kick. Reduce buoyancy aids where possible.  | NA | Dolphin/ Mermaid Swimming. Games/ activities linked to this. | Climb out.Review learning objectives. Check learning from lesson. |
| **Time:** | 3min | 5min | 10min | 5min | 0min | 5min | 2min  |
| **5** | Recap learning from session 4. Outline learning objectives for session 5. Jump in entry with submersion Repeat 2 times if able to. | Movement Game: Sea Creatures. Move like a crab sideways, Move like an octopus, Move like a dolphin. Recap dolphin action from session 4.  | NA | Front paddle/ kick: Develop arm action. Reach & pull action. Head in water blowing bubbles. Develop action into full front paddle.  | Front or Back paddle: Teachers to keep class moving for set periods (2min) working on physical fitness & stamina. Allow pupils to use strongest stroke.Aim for 5-10m unaided.  | Floating activities/ game:Example: Freeze frame game.  | Climb out.Review learning objectives. Check learning from lesson. |
| **Time:**  | 3min | 5min | 0min | 10min | 5min | 5min | 2min |
| **6** | Recap learning from session 5. Outline learning objectives for session 6. Sit & Swivel entry. Submerge on entry.  | Partner/ Team kick races: Using woggle or larger floats. Kick on front, switching team every race. | Shout and signal rescue:Identify struggling swimmer characteristics.Pupils to simulate what they would do if they needed to get help and who from. | Basic Breaststroke: Focus on introducing leg kick on front or back with buoyancy aids. Allow pupils to try new movements to create propulsion.  | NA | Jumping into deep water (1.2m -1.5m) & returning to wall. Pencil jump and star jump.Swim to the side after each jump and climb out. | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:**  | 3min | 5min | 5min | 10min | 0min | 5min | 2min |
| **RED Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **7** | Recap learning from session 6. Outline learning objectives for session 7. Jump in entry with submersion Repeat 2 times if able to. | Treasure Hunt:Involve floating and sinking equipment. Adapt to make more challenging where required.  | Floatation & regaining feet (1m-1.2m) Star float or pencil on front and back holding for 15 seconds with aids. Recap for to stand back up in deep water and returning to the wall.  | Basic Breaststroke: Continue to develop leg kick on front or back with buoyancy aids. Recap leg kick and develop further. Introduce arm action and attempt full stroke.  | Strongest Stroke development: Distance swimming towards 25m. All pupils using minimal buoyancy aids or without. Set targets for number of times pupils can stand up. |  NA | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:** | 3min | 5min | 5min | 10min | 5min | 0min | 2min |
| **8** | Recap learning from session 7. Outline learning objectives for session 8. Jump in entry with submersion Repeat 2 times if able to. | Partner/ Team kick races: Using woggle or larger floats. Kick on front, switching team every race.  | Water Confidence in Deep water (1.2m – 1.5m) & Basic Treading Water: Develop confidence and treading water with aids. 15 seconds treading water. | Front paddle: Focus on areas that pupils still struggle on. Aims to have all pupils swimming 5-15m unaided.  |  NA | Dolphin/ Mermaid Swimming: Activities promoting aquatic breathing.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 10min | 5min | 0min | 5min | 2min |
| **9** | Recap learning from session 8. Outline learning objectives for session 9. Jump in entry with submersion Repeat 2 times if able to. | All stroke recap: Front paddle/ crawl. Back paddle/ stroke. Basic Breaststroke. Dolphin kick.  | Water Confidence in Deep water (1.2m – 1.5m) & Basic Treading Water: Develop confidence and treading water with aids. 15 seconds treading water. | Back paddle: Focus on areas that pupils still struggle on. Aims to have all pupils swimming 5-15m unaided.  | NA  | Floatation & Aquatic Breathing: “Simon Says” covering floatation & aquatic breathing skills.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 10min | 5min | 0min | 5min | 2min |
| **RED Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **10**  | Recap learning from session 9. Outline learning objectives for session 10. Jump in entry with submersion Repeat 2 times if able to. | Movement Game:Bean Game.All pupils active adapt to ability of group.  | NA | Weakest Stroke Development: Each pupil working on their weakest stroke. Focus on improving leg kick and arm action. Encourage aquatic breathing where suitable.  | Strongest Stroke Development. Distance swimming between 10-15m. All pupils using minimal buoyancy aids or without.  | Jumping into deep water (1.2m -1.5m) & returning to wall. Pencil jump and star jumpSwim to the side after each jump and climb out | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:** | 3min | 5min | 0min | 10min | 5min | 5min | 2min |
| **11** | Recap learning from session 10. Outline learning objectives for session 11. Jump in entry with submersion Repeat 2 times if able to. | Movement Game: Sea Creatures. Move like a crab sideways, Move like an octopus, Move like a dolphin. Recap dolphin action.  | NA | Weakest Stroke Development: Each pupil working on their weakest stroke. Focus on improving leg kick and arm action. Encourage aquatic breathing where suitable.  | Strongest Stroke Development. Distance swimming between 10-25m. All pupils using no buoyancy aids. Repeat distance swims to record furthest distance.  | NA | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:**  | 3min | 5min | 0min | 5min | 15min | 0min | 2min |
| **12** | Recap learning from session 11. Outline learning objectives for session 12.  | All stroke recap: Front paddle/ crawl. Back paddle/ stroke. Basic Breaststroke. Dolphin kick.  | Shout and signal rescue (1.2m – 1.5m): Treading water recap Pupils to simulate what they would do if they needed to get help and who from. Water safety scenarios | NA | NA | Jumping into deep water (1.2m -1.5m) & returning to wall. Pencil jump and star jump.Swim to the side after each jump and climb out. | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:** | 3min | 5min | 15min | 0min | 0min | 5min | 2min |
| **AMBER Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **1** | First lesson Briefing, use template. 5minEntry: Sit & Swivel  | Initial Assessment:two pupils at once to be assessed on distance swim. Any pupils unable to swim more than 10m to be placed in RED level. Warm Up: Kicking activity holding wall. Fast Legs & Slow Legs.  | Water confidence, Floatation & regaining feet: Teach pupils how to blow bubbles while moving. Float on both front & back and how to stand back up.  | Front Paddle/ kick: Focus on developing leg kick Introduce reach and pull arms. Combine with blowing bubbles | NA | NA | How to climb out of the pool safely. Review learning objectives Check learning from lesson.  |
| **Time:** | 5min | 10min | 5min | 7min | 0min | 0min | 3min |
| **2** | Recap rules from first session. Learning objectives for session 2. Sit and swivel entry & blow bubbles.  | Movement Game:Bean GameAll pupils active adapt to ability of group. **Move any pupils that are in the wrong group.** | Recap Floatation & regaining feet: Goal keeper game. Pupils to find a space. Teachers to show pupils how to save a ball like a goal keeper jumping from one side to the next. Progress as suitable for class. |  NA | Front Paddle/ kick: Teachers to keep class moving for set periods (3-5min) working on physical fitness & stamina. Use teaching area as a circuit to keep pupils moving.  | Submersion Activity/ Game: Example: deep sea treasure hunt.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 5min | 0min | 10min | 5min | 2min |

|  |
| --- |
| **AMBER Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **3** | Recap learning from session 2. Outline learning objectives for session 3. Jump in entry. Repeat 2 times if able to. | Front paddle kick Front paddle full stroke Blowing bubbles reap. Under water funny face competition. Pupils in pairs, repeat 4 times.  | Water Confidence in Deep water (1.2m – 1.5m) & Basic Treading Water: Treading water with noodles for 15-30 seconds. NOTE: think about the safety of pupils and how to minimise any risk through appropriate aids and grouping.  | Back Paddle/ kick:Focus on developing leg kick. Introduce basic push & glided to work on correct body position. Do not work on arm action. |  NA | NA | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 10min | 10min | 0min | 0min | 2min |
| **4** | Recap learning from session 3. Outline learning objectives for session 4. Jump in entry. Repeat 2 times if able to. | Floating activities/ game:Example: Freeze frame game.   |  NA | Basic Breaststroke: Focus on introducing leg kick on front or back with buoyancy aids. Allow pupils to try new movements to create propulsion. Develop full stroke using noodles.  | Front or Back Paddle: Teachers to keep class moving for set periods (3-5min) working on physical fitness & stamina. Allow pupils to use strongest stroke. Working towards 25m unaided | Dolphin/ Mermaid Swimming. Games/ Activities linked to this. 5m basic dolphin action unaided.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:** | 3min | 5min | 0min | 5min | 10min | 5min | 2min |

|  |
| --- |
| **AMBER Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **5** | Recap learning from day 4.Outline learning objectives for session 5. Jump in entry (1.2m-1.5m) Repeat 2 times if able to. Submerge on entry.  | Movement Game: Sea Horse Racing or Harry Potter Game on boom sticks: Pupils moving as fast as they can on the noodles. Use warm up to ensure pupils are safe in 1.2-1.5m depth.  | Water Confidence in Deep water (1.2m – 1.5m) & Treading Water: Develop treading water with aids for 30 seconds. 15 seconds treading water without aids.  | Weakest Stroke Development: Each pupil working on their weakest stroke. Focus on improving leg kick and arm action. Encourage aquatic breathing where suitable. Pupils assessed on 5m unaided on 1 stroke.  | NA | Partner/ Team kick races: Using woggle or larger floats. Kick on front, switching team every race.  | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:**  | 3min | 5min | 10min | 5min | 0min | 5min | 2min |
| **6** | Recap learning from session 5. Outline learning objectives for session 6. Jump in entry (1.2m-1.5m) Repeat 2 times if able to. Submerge on entry. | Front Paddle recap.Back Paddle recap. Kick Races. | NA  | Front Paddle/ Crawl. Focus on effective aquatic breathing.Introduce front crawl arm action and develop full stroke. Focus on developing effective strokes.  | Strongest Stroke Development. Distance swimming between 25m+. All pupils working towards 25m target. Each pupil working on physical fitness and stamina.  | Floatation Activity/ game: Develop floating on front & back without aids. Holding for 15-30 seconds.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 0min | 10min | 5min | 5min | 2min |

|  |
| --- |
| **AMBER Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **7** | Recap learning from session 6. Outline learning objectives for session 7. Jump in entry (1.2m-1.5m) Repeat 2 times if able to. Submerge on entry. | Front Paddle/ Crawl. Back Paddle/ stroke. Optional: Treasure Hunt:Involve floating and sinking equipment. Adapt to make more challenging where required.  | Shout and signal rescue:Identify struggling swimmer characteristics.Pupils to simulate what they would do if they needed to get help and who from. Perform while treading water in 1.2m -1.5m depth. | Back paddle/ stroke: Develop leg kick. Develop arm action (if suitable for group). Progress as suitable for ability of group.Assess pupils on 5m Back Paddle/ stroke unaided.  | NA | Dolphin/ Mermaid Swimming: Activities promoting aquatic breathing. Assess pupils on 5m dolphin kick unaided.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:** | 3min | 5min | 10min | 5min | 0min | 5min | 2min |
| **8** | Recap learning from session 7. Outline learning objectives for session 8. Jump in entry (1.2m-1.5m) Repeat 2 times if able to. Submerge on entry. | Recap Dolphin Leg kick Partner/ Team kick races: Using woggle or larger floats. Kick on front, switching team every race.  | Treading Water (1.2m – 1.5m): Develop action without aids. Increase from 15 to 30 seconds.  |  NA | Strongest Stroke Development. Distance swimming between 25m+. All pupils working towards 25m target. Each pupil working on physical fitness and stamina.  | Floatation & Aquatic Breathing: Develop floating skills. Use any game working on floatation.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 5min | 0min | 10min | 5min | 2min |

|  |
| --- |
| **AMBER Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **9**  | Recap learning from session 8. Outline learning objectives for session 9. Jump in entry (1.2m-1.5m) Repeat 2 times if able to. Submerge on entry. | All stroke recap: Front paddle/ crawl Back paddle/ stroke Basic Breaststroke Dolphin kick  | NA | Butterfly or Breaststroke: Full stroke breaststroke with aids, focus on creating an effective stroke. Assess stroke over 5m without aids. Dolphin leg kick. Encourage pupils to complete 5-10m unaided.  | NA | Floatation Activity/ game: Develop floating on front & back without aids Holding for 15-30 seconds | Climb out. Review learning objectives Check learning from lesson  |
| **Time:** | 3min | 5min | 0min | 15min | 0min | 5min | 2min |
| **10**  | Recap learning from session 9. Outline learning objectives for session 10. Jump in entry with submersion Repeat 2 times if able to. | Movement Game:Bean Game or Sea horse races. All pupils active adapt to ability of group.  | Shout and signal rescue (1.2m – 1.5m): Treading water recap Pupils to simulate what they would do if they needed to get help and who from. All pupils assessed on these two skills without aids for 15 seconds. |  NA | NA | Multi Skill activity/ Survival game working on the following skills: Jumping into deep water Floating unaidedTreading water and returning to the wall. Make suitable to the group. .  | Climb out Review learning objectives Check learning from lesson  |
| **Time:**  | 3min | 5min | 15min | 0min | 0min | 5min | 2min |

|  |
| --- |
| **AMBER Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **11** | Recap learning from session 10. Outline learning objectives for session 11. Jump in entry with submersion Repeat 2 times if able to. | Movement Game: Sea Creatures. Move like a crab sideways, Move like an octopus, Move like a dolphin. Recap dolphin action.  | NA | Weakest Stroke Development: Each pupil working on their weakest stroke. Focus on improving leg kick and arm action. Encourage aquatic breathing where suitable.  | Strongest Stroke Development. Distance swimming between 10-25m. All pupils using no buoyancy aids.  | NA | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:**  | 3min | 5min | 0min | 10min | 10min | 0min | 2min |
| **12** | Recap learning from session 11. Outline learning objectives for session 12.  | All stroke recap: Front paddle/ crawl. Back paddle/ stroke. Basic Breaststroke. Dolphin kick.  | NA | Weakest Stroke Development: Each pupil working on their weakest stroke. Focus on improving leg kick and arm action. Encourage aquatic breathing where suitable. | Strongest Stroke development.Distance swimming towards 25m. All pupils assessed on their ability to perform this outcome. Repeat until achieved. All pupils unaided.  | Jumping into deep water (1.2m -1.5m) & returning to wall. Pencil jump and star jump.Swim to the side after each jump and climb out. | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:** | 3min | 5min | 0miin | 5min | 10min | 5min | 2min |

|  |
| --- |
| **GREEN Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **1** | First lesson Briefing, use template. 5minEntry: Sit & Swivel  | Initial Assessment:two pupils at once to be assessed on distance swim. Any pupils unable to swim more than 15m to be placed in Amber level. Warm Up: Kicking activity holding wall. Fast Legs & Slow Legs. Front Crawl & Backstroke  | Floatation & regaining feet: Assess pupil’s confidence submerging under water and aquatic breathing. Develop aquatic breathing Assess pupil’s ability on floating on front and back. Develop floating on both front and back with aids and progress to without, holding for 15 seconds.  | Front Crawl: Assess pupils on front crawl. Focus on developing leg kick with floats. Reduce aids. Introduce correct arm action. Combine with correct aquatic breathing. Do not focus on breathing to side in session 1.  | NA | NA | How to climb out of the pool safely. Review learning objectives. Check learning from lesson.  |
| **Time:** | 5min | 10min | 5min | 10min | 0min | 0min | 5min |
| **2** | Recap rules from first session. Learning objectives for session 2. Jump in entry (1.2m+) & submerge under the water blow bubbles for as long as possible.  | Movement Game:Sea horse races Floating game: changing shapes on command. All pupils active adapt to ability of group. **Move any pupils that are in the wrong group.** | Recap Floatation & regaining feet: Example: Goal Keeper Game.  |  NA | Front Crawl: Teachers to keep class moving for set periods (3-5min) working on physical fitness & stamina. Use teaching area as a circuit to keep pupils moving. Aim is to develop stroke from session 1.  | Surface Dives: Swimming through hoops (1.2m-1.8m max) Collecting sinkers Team relays through hoops etc.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 5min | 0min | 10min | 5min | 2min |
| **GREEN Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **3** | Recap learning from session 2. Outline learning objectives for session 3. Jump in entry (1.2m+) & submerge under the water and return to side.  | Backstroke recap: Kick activities, developing into full stroke. Movement & floating game: Example, the pool floor is lava! Progress as suitable for class. | Treading Water: Develop action with aids working on BR kick with sculling action. Aim for 30 seconds with aids. Develop action without aids. Starting at 15 seconds increasing as suitable for group. NOTE: think about the safety of pupils and how to minimise any risk through appropriate aids and grouping.  | Backstroke: Assess pupils on stroke. Focus on developing leg kick with floats. Reduce aids. Develop push & glides. Do not work on arm action until all pupils can hold a streamlined body position kicking unaided. | NA | NA | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 10min | 10min | 0min | 0min | 2min |
| **4** | Recap learning from session 3. Outline learning objectives for session 4. Jump in entry (1.2m+) & submerge under the water and return to side.  | Front Crawl recap: Kick activities, developing into full stroke. Sea Horse Racing or Harry Potter game on boom sticks |  NA | Breaststroke: Focus on improving leg kick on front or back with floats. Reduce equipment and develop whip kick. Move onto arm action and full stroke once leg kick is effective.  | Front Crawl or Backstroke: Teachers to keep class moving for set periods (3-5min) working on physical fitness & stamina. Allow pupils to use strongest stroke. Working towards 25m+ unaided. | Dolphin/ Mermaid Swimming. Games/ Activities linked to this. 5-10m basic dolphin action unaided.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:** | 3min | 5min | 0min | 10min | 5min | 5min | 2min |
| **GREEN Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **5** | Recap learning from session 4Outline learning objectives for session 5. Jump in entry (1.2m+) & submerge under the water and return to side.  | Front Crawl & backstroke recap: Kick activities & full strokes. Dolphin kick activities.  | Treading Water: Develop treading water, using games such as ‘pass the ball’ or basic water polo activities to strengthen pupils ability. Assess pupils on treading water.   |  NA | Strongest Stroke Development. Distance swimming towards 25m+. All pupils progressing to using no buoyancy aids.Keep class moving working on distance swimming.  | NA | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 10min | 0min | 10min | 0min | 2min |
| **6** | Recap learning from session 5. Outline learning objectives for session 6. Jump in entry (1.2m+) & submerge under the water and return to side.  | Partner/ Team kick races: Using woggle or larger floats. Kick on front, switching team every race.  | Shout and signal rescue:Identify struggling swimmer characteristics.Pupils to simulate what they would do if they needed to get help and who from. Perform while treading water in 1.2m -1.5m depth. Assess on skill.  | Front Crawl. Focus on effective full stoke with leg kick and arm action. Develop breathing to the side.  | NA |  NA | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 10min | 10min | 0min | 0min | 2min |

|  |
| --- |
| **GREEN Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **7** | Recap learning from session 6. Outline learning objectives for session 7. Jump in entry (1.2m+) & submerge under the water and return to side.  | Front Paddle/ Crawl Back Paddle/ stroke Optional: Treasure Hunt:Involve floating and sinking equipment. Adapt to make more challenging where required.  | Floatation & regaining feet out of depth: Star float or pencil on front and back holding for 30 seconds without aids. Teach survival floats. Recap does & don’ts regarding water safety. | NA | Strongest Stroke Development. Distance swimming between 25m+. All pupils working towards 25m target. Each pupil working on physical fitness and stamina.  | Dolphin/ Mermaid Swimming: Activities linking to surface dives. Assess pupils on 10m dolphin kick unaided.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:** | 3min | 5min | 5min | 0min | 10min | 5min | 2min |
| **8** | Recap learning from session 7. Outline learning objectives for session 8. Jump in entry (1.2m+) & submerge under the water and return to side.  | Recap Dolphin Leg kick Partner/ Team kick races: Using woggle or larger floats. Kick on front, switching team every race.  | Treading Water: Develop treading water, using games such as ‘pass the ball’ or basic water polo activities to strengthen pupils ability. Assess pupils on treading water.   | Backstroke: Focus on effective full stoke with leg kick and arm action. Combine with survival floats. Use games around survival skills linking to backstroke.  | NA | Floatation & Aquatic Breathing: Develop floating skills. Use any game working on floatation.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 5min | 10min | 0min | 5min | 2min |

|  |
| --- |
| **GREEN Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **9**  | Recap learning from session 8. Outline learning objectives for session 9. Jump in entry (1.2m+) & submerge under the water and return to side.  | All stroke recap: Front paddle/ crawl Back paddle/ stroke Basic Breaststroke Dolphin kick  | NA | Butterfly or Breaststroke: Develop full stroke sending time on weakest one. Assess stroke over 10m without aids. | NA | Floatation: Safety floats. Developing the HELP position.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:** | 3min | 5min | 10min | 15min | 0min | 5min | 2min |
| **10**  | Recap learning from session 9. Outline learning objectives for session 10. Jump in entry (1.2m+) & submerge under the water and return to side. . | Movement Game:Bean Game or Sea horse races or quick game of water quidditch All pupils active adapt to ability of group.  | NA   | NA | Strongest Stroke development:Distance swimming towards 25m+. All pupils assessed on their ability to perform this outcome. Repeat until achieved. Focus on swimming furthest distance continuously. All pupils active.  | Multi Skill activity/ Survival game working on the following skills: Jumping into deep water Floating unaidedTreading water and returning to the wall. Make suitable to the group.  | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:**  | 3min | 5min | 0min | 0min | 15min | 5min | 2min |

|  |
| --- |
| **GREEN Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **11** | Recap learning from session 10. Outline learning objectives for session 10. Jump in entry (1.2m+) & submerge under the water and return to side.  | Front Paddle/ Crawl Back Paddle/ stroke Optional: Treasure Hunt:Involve floating and sinking equipment. Adapt to make more challenging where required.  | Shout and signal rescue (1.5m – 1.8m): Treading water recap Pupils to simulate what they would do if they needed to get help and who from. All pupils assessed on these two skills without aids for 15 seconds. | NA | NA | Floatation in deep water: Game or activity that works on floating in deep water. Develop HELP position.  | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:**  | 3min | 5min | 15min  | 0min  | 0min  | 5min  | 2min  |
| **12** | Recap learning from session 12. Outline learning objectives for session 11. Jump in entry (1.2m+) & submerge under the water and return to side.  | Recap Dolphin Leg kick Partner/ Team kick races: Using woggle or larger floats. Kick on front, switching team every race.  | NA | Weakest Stroke Development: Each pupil working on their weakest stroke. Focus on improving leg kick and arm action and breathing. Differentiate activities to each group or individual pupils. .  | NA | Multi Skill activity/ Survival game working on the following skills: Jumping into deep water Floating unaidedTreading water and returning to the wall. Make suitable to the group. | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:**  | 3min | 5min | 0min  | 15min  | 0min  | 5min  | 2min  |

|  |
| --- |
| **BLUE Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **1** | First lesson Briefing, use template. 5minEntry: Sit & Swivel  | Initial Assessment: same as GREEN level. Warm Up: Kicking activity holding wall. Fast Legs & Slow Legs. Front Crawl & Backstroke  | Floatation & regaining feet: same as GREEN level.   | Front Crawl: same as GREEN level, adapt for ability.  | NA | NA | Review learning objectives Check learning from lesson  |
| **Time:** | 5min | 10min | 5min | 10min | 0min | 0min | 5min |
| **2** | Recap rules from first session. Outline objectives for session 2. Jump in entry (1.2m+)  | Movement Game: same as GREEN level. **Move any pupils that are in the wrong group** | Recap Floatation & regaining feet: same as GREEN level. Introduce H.E.L.P position.  | NA | Front Crawl: Distance swimming over 25m+.   | Surface Dives: .  | Climb out & Review learning objectives Check learning from lesson  |
| **Time:**  | 3min | 5min | 5min | 0min | 10min | 5min | 2min |
| **3** | Recap learning from session 2. Outline learning objectives for session 3. Jump in entry (1.2m+)  | Backstroke recap: same as GREEN level, increase distance or repetitions.  | Treading Water: develop action for 60 seconds.   | Backstroke: same as GREEN level, develop arm action sooner.  | NA | NA | Climb out Review learning objectives Check learning from lesson  |
| **Time:**  | 3min | 5min | 10min | 10min | 0min | 0min | 2min |

|  |
| --- |
| **BLUE Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **4** | Recap learning from session 3. Outline learning objectives for session 4. Straddle Jump (1.2m+)  | Front Crawl recap: same as GREEN level, increase distance or repetitions.  | NA  | Breaststroke: develop full stroke to Stage 7 standards.   | Front Crawl or Backstroke: Teachers to keep class moving for set periods (3-5min) working on physical fitness & stamina. Allow pupils to use strongest stroke. Working towards 50m+  | Dolphin kick activities 15m+ dolphin action unaided.  | Climb out Review learning objectives. Check learning from lesson  |
| **Time:** | 3min | 5min | 0min | 10min | 10min | 5min | 2min |
| **5** | Recap learning from session 4. Outline learning objectives for session 5. Straddle Jump (1.2m+)  | Front Crawl & backstroke recap: Kick activities & full strokes. Dolphin kick activities.  | Treading Water: teach pupils to use egg beater kick.   | NA | Strongest Stroke Development: distance swimming towards 50m+.  | NA   | Climb out. Review learning objectives. Check learning from lesson  |
| **Time:**  | 3min | 5min | 10min | 0min | 10min | 0min | 2min |
| **6** | Recap learning from session 5. Outline learning objectives for session 6. Straddle Jump (1.2m+)  | Partner/ Team kick races: Using woggle or larger floats. Kick on front, switching team every race  | Shout and signal rescue, leading into reach rescue from poolside | Front Crawl: develop stroke to Stage 7 standards.  | NA | NA  | Climb out. Review learning objectives. Check learning from lesson  |
| **Time:**  | 3min | 5min | 10min | 10min | 0min | 0min | 2min |

|  |
| --- |
| **BLUE Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **7** | Recap learning from session 6. Outline learning objectives for session 7. Straddle Jump (1.2m+)  | Front Paddle/ Crawl Back Paddle/ stroke Optional: Treading water game.  | Floatation & regaining feet out of depth: Teach survival floats. Recap does & don’ts regarding water safety. | NA | Strongest Stroke Development. Distance swimming between 50m+. Each pupil working on physical fitness and stamina.  | Dolphin/ Mermaid Swimming: Activities linking to surface dives. Assess pupils on 10m dolphin kick unaided.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:** | 3min | 5min | 5min | 0min | 10min | 5min | 2min |
| **8** | Recap learning from session 7. Outline learning objectives for session 8. Jump in entry (1.2m+) & submerge under the water and return to side.  | Recap Dolphin Leg kick Partner/ Team kick races: Using woggle or larger floats. Kick on front, switching team every race.  | Swimming with cloths on: developing floating and treading water with cloths on. Spend more time on this skill covering all water safety skills.   | Backstroke: Focus on effective full stoke with leg kick and arm action. Combine with survival floats. Use games around survival skills linking to backstroke.  | NA | Floatation & Aquatic Breathing: Develop floating skills. Use any game working on floatation.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:**  | 3min | 5min | 5min | 10min | 0min | 5min | 2min |

|  |
| --- |
| **BLUE Level - Scheme of Work - 60 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **9**  | Recap learning from session 8. Outline learning objectives for session 9. Jump in entry (1.2m+) & submerge under the water and return to side.  | All stroke recap: Front paddle/ crawl Back paddle/ stroke Basic Breaststroke Dolphin kick  | NA | Butterfly or Breaststroke: Develop full stroke sending time on weakest one. Assess stroke over 25m without aids. | NA | Floatation: Safety floats. Developing the HELP position.  | Climb out. Review learning objectives. Check learning from lesson.  |
| **Time:** | 3min | 5min | 10min | 15min | 0min | 5min | 2min |
| **10**  | Recap learning from session 9. Outline learning objectives for session 10. Jump in entry (1.2m+) & submerge under the water and return to side. . | Movement Game:Bean Game or Sea horse races or quick game of water quidditch All pupils active adapt to ability of group.  | NA   | NA | Strongest Stroke development:Distance swimming towards 50m+. All pupils assessed on their ability to perform this outcome. Repeat until achieved. Focus on swimming furthest distance continuously. All pupils active.  | Multi Skill activity/ Survival game working on the following skills: Jumping into deep water Floating unaidedTreading water and returning to the wall. Make suitable to the group.  | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:**  | 3min | 5min | 0min | 0min | 15min | 5min | 2min |

|  |
| --- |
| **BLUE Level - Scheme of Work - 30 minute lessons**  |
| **Session** | **Intro & Entry** | **Warm Up** | **Main Theme**  | **Contrast** | **Exit & Feedback** |
| **Water Safety** | **Stroke Development** | **Distance Swimming** |
| **11** | Recap learning from session 10. Outline learning objectives for session 10. Jump in entry (1.2m+) & submerge under the water and return to side.  | Front Paddle/ Crawl Back Paddle/ stroke Optional: Treasure Hunt:Involve floating and sinking equipment. Adapt to make more challenging where required.  | Shout and signal rescue (1.5m – 1.8m): Treading water recap Pupils to simulate what they would do if they needed to get help and who from. All pupils assessed on these two skills without aids for 15 seconds.All performed with clothes on  | NA | NA | Floatation in deep water: Game or activity that works on floating in deep water. Develop HELP position.  | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:**  | 3min | 5min | 15min  | 0min  | 0min  | 5min  | 2min  |
| **12** | Recap learning from session 12. Outline learning objectives for session 11. Jump in entry (1.2m+) & submerge under the water and return to side.  | Recap Dolphin Leg kick Partner/ Team kick races: Using woggle or larger floats. Kick on front, switching team every race.  | NA | Weakest Stroke Development: Each pupil working on their weakest stroke. Focus on improving leg kick and arm action and breathing. Differentiate activities to each group or individual pupils. .  | NA | Multi Skill activity/ Survival game working on the following skills: Jumping into deep water Floating unaidedTreading water and returning to the wall. Make suitable to the group. | Climb out. Review learning objectives. Check learning from lesson. |
| **Time:**  | 3min | 5min | 0min  | 15min  | 0min  | 5min  | 2min  |