



# Swimming

## Schedule Plans

## Sport and Health Faculty

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## Swimming Schedule OTS Foundation Stage (KS2 & 3)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Half-Term block	Notes: Each Half-Term block represents approximately 6 Lessons (45 minutes each) over 6-7 weeks.					
Schedule A	<b>Title:</b> Starfish 1 <b>Context:</b> Safe entry into pool, supporting child around the pool on front and back. <b>Banding:</b> 2-11 <b>Progression Area:</b> Water confidence	<b>Title:</b> Starfish 2 <b>Context:</b> Encouraging child to get their face wet and mover freely around the pool. <b>Banding:</b> 2-11 <b>Progression Area:</b> Water confidence	<b>Title:</b> Starfish 3 <b>Context:</b> Helping child to use a kicking action and to reach for different objects in the pool. <b>Banding:</b> 2-11 <b>Progression Area:</b> Water confidence	<b>Title:</b> Starfish 4 <b>Context:</b> Encouraging child to gently submerge under water and to move from front to back in the water. <b>Banding:</b> 2-11 <b>Progression Area:</b> Water confidence	<b>Title:</b> Starfish 5 <b>Context:</b> Encouraging child to jump into the water from the side. Develop kicking action . <b>Banding:</b> 2-11 <b>Progression Area:</b> Water confidence	<b>Title:</b> Starfish 6 <b>Context:</b> Encouraging child to enter the water freely from sitting position and to submerge vertically. <b>Banding:</b> 2-11 <b>Progression Area:</b> Water confidence
Schedule B	<b>Title:</b> Stanley 1 <b>Context:</b> Move through the water on front and back for two metres <b>Banding:</b> 3-11 <b>Progression Area:</b> Learning the basics of swimming	<b>Title:</b> Stanley 2 <b>Context:</b> Showing an understanding of poolside safety. Blowing bubbles whilst moving through the water <b>Banding:</b> 3-11 <b>Progression Area:</b> Learning the basics of swimming	<b>Title:</b> Stanley 3 <b>Context:</b> Performing different types of float. Move through the water for 5 metres on front and back <b>Banding:</b> 3-11 <b>Progression Area:</b> Learning the correct way to swim	<b>Title:</b> Stanley 4 <b>Context:</b> Picking up objects from the pool floor. Push and glide and treading water. <b>Banding:</b> 3-11 <b>Progression Area:</b> Water confidence	<b>Title:</b> Stanley 5 <b>Context:</b> Breathing rhythmically when swimming. Demonstrating front crawl and back crawl action <b>Banding:</b> 3-11 <b>Progression Area:</b> Correct techniques when swimming	<b>Title:</b> Stanley 6 <b>Context:</b> Swimming submerged in the water. Begin to learn the breaststroke technique <b>Banding:</b> 3-11 <b>Progression Area:</b> Learning breast-stroke
Schedule C	<b>Title:</b> Stanley 7 <b>Context:</b> Swim 10 metres of front crawl and backstroke confidently. <b>Banding:</b> 3-11 <b>Progression Area:</b> Improving distance with your strokes	<b>Title:</b> Octopus 1 <b>Context:</b> Perform a treading water action. Practice different types of float <b>Banding:</b> 4—11 <b>Progression Area:</b> Water confidence	<b>Title:</b> Octopus 2 <b>Context:</b> Push and glide on front, back and side. Retrieving objects fro the pool floor. <b>Banding:</b> 4-11 <b>Progression Area:</b> Moving through the water with confidence	<b>Title:</b> Octopus 3 <b>Context:</b> Push and glide into different swimming strokes. Learn the dolphin leg kick. <b>Banding:</b> 4-11 <b>Progression Area:</b> Developing a new swimming stroke	<b>Title:</b> Goldfish 1 <b>Context:</b> Perform dolphin leg kick on front and back. Learning how to skull and practicing breaststroke. <b>Banding:</b> 4-11 <b>Progression Area:</b> Developing the dolphin kick ready for butterfly.	<b>Title:</b> Goldfish 2 <b>Context:</b> Swim front and back crawl for 10 metres using rhythmical breathing. Practice different types of float. <b>Banding:</b> 4-11 <b>Progression Area:</b> Further develop their technique when swimming.
Schedule D	<b>Title:</b> Goldish 3 <b>Context:</b> swim confidently the four strokes that have been taught. Practice water safety questions <b>Banding:</b> 4-11 <b>Progression Area:</b> Develop swimming techniques	<b>Title:</b> Angelfish 1 <b>Context:</b> Straddle entry into the pool, treading water for a given time. Building up the distances for each stroke. <b>Banding:</b> 5-11 <b>Progression Area:</b> Starting to put some distance into these strokes	<b>Title:</b> Angelfish 2 <b>Context:</b> Learning correct touch finished when swimming. Begin to look at the life saving aspect of swimming. <b>Banding:</b> 5-11 <b>Progression Area:</b> Develop knowledge of lifesaving	<b>Title:</b> Angelfish 3 <b>Context:</b> Learning more about lifesaving in the pool. Building up the distances for each of the four strokes. <b>Banding:</b> 5-11 <b>Progression Area:</b> Improving the distances when swimming each stroke	<b>Title:</b> Shark 1 <b>Context:</b> Learning different types of rescue when in the pool. Swimming underwater for distance. <b>Banding:</b> 5-11 <b>Progression Area:</b> developing knowledge of life saving in the pool	<b>Title:</b> Shark 1 <b>Context:</b> Achieving the 50 metre award for front and back crawl. 25 metres of breaststroke. <b>Banding:</b> 5-11 <b>Progression Area:</b> Progressing on distance when swimming

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Schedule E	<p>Title: Shark 2</p> <p>Context: Perform a reaching rescue with a casualty. Practice using a buoyancy aid and throwing to a target.</p> <p>Banding: 5-11</p> <p>Progression Area: Increased knowledge of how to perform pool rescues</p>	<p>Title: Shark 2</p> <p>Context: Swim 75 metres, by swimming three different strokes. Increasing confidence in the butterfly stroke.</p> <p>Banding: 5-11</p> <p>Progression Area: Increased confidence and distances when swimming</p>	<p>Title: Shark 2</p> <p>Context: Practice a range of dives into the pool. Perform and swimming medley, which incorporates the four strokes learnt.</p> <p>Banding: 5-11</p> <p>Progression Area: Increased swimming ability across the four strokes</p>	<p>Title: Shark 3</p> <p>Context: Throwing reaching aids to a target over set distances. Performing some pool tasks whilst wearing a t-shirt.</p> <p>Banding: 5-11</p> <p>Progression Area: Increasing knowledge and ability with pool life saving</p>	<p>Title: Shark 3</p> <p>Context: 100 metres of front crawl and 5back crawl incorporating the correct starts and finishes.</p> <p>Banding: 5-11</p> <p>Progression Area: Perfecting the swimming techniques</p>	<p>Title: Shark 3</p> <p>Context: Exploring competitive starts for the different strokes. Further practicing the individual medley with appropriate transitions.</p> <p>Banding: 5-11</p> <p>Progression Area: Perfecting the swimming techniques</p>
Schedule F	<p>Title: Bronze Award</p> <p>Context: Beginning to swim distances within a time frame. Practicing tumble turns</p> <p>Banding: 5-11</p> <p>Progression Area: Preparing students for possible swimming galas</p>	<p>Title: Bronze Award</p> <p>Context: Practicing the correct turns and finishes in different strokes. Perfecting these.</p> <p>Banding: 5-11</p> <p>Progression Area: Preparing students for possible swimming galas</p>	<p>Title: Bronze Award</p> <p>Context: Treading water and sculling for longer periods of time. Learning back and front somersault.</p> <p>Banding: 5-11</p> <p>Progression Area: Preparing students for possible swimming galas</p>	<p>Title: Silver Award</p> <p>Context: Swimming the four strokes within certain times. Adding a competitive edge.</p> <p>Banding: 5-11</p> <p>Progression Area: Preparing students for possible swimming galas</p>	<p>Title: Silver Award</p> <p>Context: Learning the skills needed to perform in synchronised swimming. Further practice at treading water and sculling.</p> <p>Banding: 5-11</p> <p>Progression Area: What is needed to become a synchronised swimmer</p>	<p>Title: Silver Award</p> <p>Context: Using a ball in the water, learning the rules of water polo. Treading water for prolonged periods of time.</p> <p>Banding: 5-11</p> <p>Progression Area: Learning a new sport called water polo</p>
Schedule G	<p>Title: Gold Award</p> <p>Context: Swimming the four strokes within certain times. Adding a competitive edge.</p> <p>Banding: 6-11</p> <p>Progression Area: Preparing students for possible swimming galas</p>	<p>Title: Gold Award</p> <p>Context: Heavily involving the synchronised swimming aspect. Learning new skill for this activity.</p> <p>Banding: 6-11</p> <p>Progression Area: What is needed to become a synchronised swimmer</p>	<p>Title: Gold Award</p> <p>Context: Performing lots of activities with a ball. Exploring the game of water polo at a more in-depth manner.</p> <p>Banding: 6-11</p> <p>Progression Area: Gaining a greater knowledge of water polo</p>	<p>Title: Platinum Award</p> <p>Context: Perfecting the individual medley with efficient techniques, correct starts and finishes and effective transitions.</p> <p>Banding: 6-11</p> <p>Progression Area: Preparing students for competitive swimming</p>	<p>Title: Platinum Award</p> <p>Context: A recap of Pool lifesaving and synchronised swimming. What is needed to have confidence when taking part in these activities.</p> <p>Banding: 6-11</p> <p>Progression Area: Advanced knowledge of pool safety and synchronised swimming</p>	<p>Title: Platinum Award</p> <p>Context: Performing lots of activities with a ball. Exploring the game of water polo at an advanced level.</p> <p>Banding: 6-11</p> <p>Progression Area: Bringing the game of water polo to a competitive level, working in a team.</p>