

Learning intentions	Success criteria
Basic understanding of breast-stroke	To be able to perform the key coaching points of the stroke over a set distance
Basic understanding of front crawl	To apply knowledge to perform the stroke over various distances depending on ability
Basic understanding of backstroke	To name 3 coaching points on backstroke

Skills	
Front Crawl	<ul style="list-style-type: none"> o Reach out in front o Pull water backwards o Breathe to the side
Back Stroke	<ul style="list-style-type: none"> o Thumb out first o Twist wrist o Pinky in the water o Pull water back o Alternating kick from the hip
Water safety	<ul style="list-style-type: none"> o Water confidence o Water entries

POOL RULES:

No diving
 No Running on poolside
 Must work within designated area
 No jumping into the shallow end
 Listen to teachers instructions
 If alarm sounds listen to lifeguard
 Listen to lifeguard at all times

Kit

Swimming costume / shorts
 Goggles
 Towel
 Rash vest (if desired)

STRETCH AND CHALLENGE

Analyse peers performance, giving recommendations on how to improve

Some individuals may wish to join St Ives Swimming club to further their understanding

LINKS TO WIDER CURRICULUM

Links to anatomy and physiology
 To name the type of joint in the elbow (Hinge joint)

KEY WORDS

Streamlined – moving the body in specific ways to reduce water resistance whilst swimming

Stroke count – The amount of strokes taken to swim a set distance

Front crawl – arms reach forward alternately and pull back through the water; legs use flutter kick

Back crawl – a stroke performed on the back, using backward circular strokes of each arm alternately and flipper movements of the feet.



Learning intentions	Success criteria
Develop the understanding of front crawl, back crawl and breast stroke	To be able to name key coaching points for each stroke
Introduction to life saving	Name 2 different methods that you could use to save a drowning casualty
Introduction to water polo	To apply different key skills for water polo in a competitive environment

Skills	
Lifesaving	<ul style="list-style-type: none"> ○ Towing casualty to safety ○ Throw rescue ○ Reach rescue ○ Assisted exit from pool ○ Treading water
Water polo	<ul style="list-style-type: none"> ○ Front crawl ○ Egg beater legs ○ Generation of power in shot
Complex stroke skills	<ul style="list-style-type: none"> ○ Breathing pattern ○ Tumble turns ○ Torpedo
Back Stroke	<ul style="list-style-type: none"> ○ Thumb out first ○ Twist wrist ○ Pinky in the water ○ Pull water back ○ Alternating kick from the hip
Front Crawl	<ul style="list-style-type: none"> ○ Reach out in front ○ Pull water backwards ○ Breathe to the side

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STRETCH AND CHALLENGE

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LINKS TO WIDER CURRICULUM

Links to anatomy and physiology
 To be able to name all the ball and socket joints in the human body

KEY WORDS

Reach rescue – when a lifeguard uses a long object to reach out to save casualty

Throw rescue – When a lifeguard throws a object out to help keep a casualty above water

Tow – when a life guard enters the water to save a casualty, they will tow them to safety.

Reach rescue – when a life guard uses a apparatus (pole, stick or buoy) to reach out to a casualty and tow them to safety.



Learning intentions	Success criteria
Develop understanding of life saving skills	To apply the correct life saving skills depending on the situation
Develop the understanding and application of water polo skills	To name different skills and characteristics needed in water polo
Apply knowledge of the 4 strokes within a competitive environment	To name different coaching points for each stroke

Skills	
Life saving and personal survival skills	<ul style="list-style-type: none"> o Towing o Reach rescue o Throw rescue o Treading water o Cold water shock
Water polo skills	<ul style="list-style-type: none"> o Front crawl o Egg beater legs o Generation of power in shot
Racing skills	<ul style="list-style-type: none"> o Sprint start o Tumble turn o Legal technique o Stroke and breathe count

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<p>Kit</p> <p>Swimming costume / shorts Goggles Towel Rash vest (if desired)</p>
<p>STRETCH AND CHALLENGE</p> <p>Analyse peers performance, giving recommendations on how to improve</p> <p>Some individuals may wish to join St Ives Swimming club to further their understanding</p>
<p>LINKS TO WIDER CURRICULUM</p> <p>Links to anatomy and physiology To name the type of joint that the knee is classed as. (synovial joint)</p>

<p>KEY WORDS</p> <p>Tumble turn – turn used in swimming, used to reverse the direction in which the person is swimming.</p> <p>Cold water shock – blood vessels in the body close to restrict the amount of blood circulating the body</p> <p>Speed – the time taken to cover a set distance</p>
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