



YEAR 5/6

Swimming

Scheme of Work

Introduction

As in all units, pupils develop physical, social, emotional and thinking whole child objectives.

This unit is aimed at intermediate swimmers. Pupils focus on swimming more fluently and with increased confidence and control. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water. Pupils have to keep afloat and propel themselves through the water. Pupils are given the opportunity to be creative, designing their own personal survival course and creating a synchronised swimming sequence. Pupils take part in team games, collaborating and communicating with others.

Key Skills

- Physical: Rotation
- Physical: Sculling
- Physical: Treading water
- Physical: Gliding
- Physical: Front crawl
- Physical: Backstroke
- Physical: Breaststroke
- Physical: Surface dives
- Physical: Floating

- Physical: Huddle and H.E.L.P. position
- Social: Communication
- Social: Supporting and encouraging others
- Emotional: Determination
- Thinking: Creating
- Thinking: Decision making
- Thinking: Using tactics

Learning Objective

LESSON 1	To develop gliding, front crawl and backstroke.
LESSON 2	To develop rotation, sculling and treading water.
LESSON 3	To develop the front crawl stroke and breathing technique.
LESSON 4	To develop the technique for backstroke arms and legs.
LESSON 5	To develop breaststroke technique.
LESSON 6	To develop breaststroke technique.
LESSON 7	To develop breaststroke and breathing technique.
LESSON 8	To develop basic skills of water safety and floating.
LESSON 9	To develop the dolphin kick.
	To learn techniques for personal survival.

LESSON 10	
LESSON 11	To develop water safety skills and an understanding of personal survival.
LESSON 12	To increase endurance in swim challenges. To identify fastest strokes and personal bests.

Assessment Criteria

YEAR 5

- I can swim competently, confidently and proficiently over a distance of at least 25 metres

YEAR 5

- I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

YEAR 5

- I can perform safe self-rescue in different water-based situations

YEAR 6

- I can swim competently, confidently and proficiently over a distance of at least 25 metres

YEAR 6

- I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

YEAR 6

- I can perform safe self-rescue in different water-based situations

Health and Safety

The pool area needs to be checked before pupils enter the water. A qualified lifeguard must be in attendance. For all lessons, have buoyancy aids such as noodles, arm bands, kick boards and belts available for pupils to use if required. All pupils should wear swimming hats.