



YEAR 3/4

Swimming

Scheme of Work

Introduction

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

This unit is aimed at developing swimmers. In this unit, pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions. Pupils will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water.

Key Skills

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

- Physical: Handstands
- Physical: Surface dives
- Physical: H.E.L.P and huddle position
- Social: Communication
- Social: Supporting and encouraging others
- Social: Keeping myself and others safe
- Emotional: Confidence
- Thinking: Comprehension
- Thinking: Planning tactics

Learning Objective

LESSON 1	To develop an understanding of buoyancy and balance in the water.
LESSON 2	To develop independent movement and submersion.
LESSON 3	To develop gliding and crawl legs.
LESSON 4	To develop front crawl breathing.
LESSON 5	To develop gliding and backstroke.
LESSON 6	To develop rotation, sculling and treading water.
LESSON 7	To develop surface dives, submersion and handstands.
LESSON 8	To develop head above water breaststroke technique.
LESSON 9	To develop head above water breaststroke technique.

LESSON 10	To develop basic skills in water safety and floating.
LESSON 11	To learn techniques for personal survival.
LESSON 12	To develop water safety skills and an understanding of personal survival.

Assessment Criteria

YEAR 3

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

YEAR 3

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

YEAR 3

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

YEAR 4

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

YEAR 4

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

YEAR 4

- 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.