



## Swimming Curriculum Plan Overview

Year 7			
Term	Topic	Learning	How can parents' best support
Autumn 1	Becoming familiar with the pool environment	Safe entries and exits. Being in the water. Moving through water forwards, backwards and sideways. Getting used to water on the face. Floating. Pushing and gliding. Pool rules.	
<b>Assessment:</b>	<b>Constant teacher assessment throughout all lessons, progressing students as they become more confident.</b>		
Autumn 2	Front Crawl	Body position. Leg kicking motion. Arm motion. Breathing techniques. Timing. This may progress differently for each student according to their swimming ability. Non-swimmers will begin with front paddle to learn the foundations of front crawl.	
<b>Assessment:</b>	<b>Constant teacher assessment throughout all lessons, progressing through the stroke as their ability improves.</b>		
Spring 1	Backstroke	Body position. Leg kicking motion. Arm motion. Breathing techniques. Timing. This may progress differently for each student according to their swimming ability. Non-swimmers will begin with back paddle to learn the foundations of backstroke.	
<b>Assessment:</b>	<b>Constant teacher assessment throughout all lessons, progressing through the stroke as their ability improves.</b>		
Spring 2	Breaststroke	Body position. Leg kicking motion. Arm motion. Breathing techniques. Timing. This may progress differently for each student according to their swimming ability. Non-swimmers will begin with just the body and leg positions to learn the foundations of breaststroke.	
<b>Assessment:</b>	<b>Constant teacher assessment throughout all lessons, progressing through the stroke as their ability improves.</b>		

<p><b>Summer 1</b></p>	<p><b>Butterfly</b></p>	<p>Body position.</p> <p>Leg kicking motion.</p> <p>Arm motion.</p> <p>Breathing techniques.</p> <p>Timing.</p> <p>This may progress differently for each student according to their swimming ability. Non-swimmers will begin with just the body and dolphin kick to learn the foundations of butterfly.</p>	
<p><b>Assessment:</b> Constant teacher assessment throughout all lessons, progressing through the stroke as their ability improves.</p>			
<p><b>Summer 2</b></p>	<p><b>Water safety</b></p>	<p>Self rescue techniques.</p> <p>How to keep yourself and others safe in water.</p> <p>How to rescue others.</p> <p>Treading water.</p> <p>Survival skills.</p>	