



Swimming Curriculum Plan Overview

Year 8			
Term	Topic	Learning	How can parents' best support
Autumn 1	Revisit front crawl & breaststroke	<p>Body position.</p> <p>Leg kicking motion.</p> <p>Arm motion.</p> <p>Breathing techniques.</p> <p>Timing.</p> <p>The progression of the stroke will look different depending on the student's swimming ability. For example, we will focus on a front paddle with a non-swimmer to get the foundations of front crawl in place.</p> <p>We will improve technique and stamina.</p>	Going swimming out of school to increase water confidence.
Assessment:	Constant teacher assessment throughout all lessons, progressing through the stroke as their ability improves.		
Autumn 2	Revisit backstroke & butterfly	<p>Body position.</p> <p>Leg kicking motion.</p> <p>Arm motion.</p> <p>Breathing techniques.</p> <p>Timing.</p> <p>The progression of the stroke will look different depending on the student's swimming ability. For example, we will focus on a dolphin kick with a non-swimmer to get the foundations of butterfly in place.</p> <p>We will improve technique and stamina.</p>	Going swimming out of school to increase water confidence.
Assessment:	Constant teacher assessment throughout all lessons, progressing through the stroke as their ability improves.		
Spring 1	Competitive swimming	<p>Push and glide.</p> <p>Streamlined.</p> <p>Improving technique.</p> <p>Improving stamina.</p>	Going swimming out of school to increase water confidence.
Assessment:	Constant teacher assessment throughout all lessons, improving technique and increasing stamina as their ability improves.		
Spring 2	Competitive swimming continued	<p>Push and glide.</p> <p>Streamlined.</p> <p>Improving technique.</p> <p>Improving stamina.</p>	Going swimming out of school to increase water confidence.
Assessment:	Constant teacher assessment throughout all lessons, improving technique and increasing stamina as their ability improves.		
Summer 1	Rescue skills	<p>Self-rescue techniques.</p> <p>How to help others in the water.</p>	Going swimming out of school to increase water confidence. Discuss the techniques that are being learnt in school so that they become

		<p>Beach flags.</p> <p>Pool safety.</p> <p>General water safety.</p>	<p>second nature.</p>
Assessment:	Constant teacher assessment throughout all lessons, introducing and developing new skills as appropriate to the student.		
Summer 2	Rescue skills continued	<p>Self-rescue techniques.</p> <p>How to help others in the water.</p> <p>Beach flags.</p> <p>Pool safety.</p> <p>General water safety.</p>	<p>Going swimming out of school to increase water confidence. Discuss the techniques that are being learnt in school so that they become second nature.</p>