

Swimming (Novice)

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).

Will take legs off the floor on front and back with floatation support.

Demonstrate correct body position on back with support, able to blow bubbles into water.

Float on back un-aided. Whole face under water blowing into water and coming up to breath in.

Leg kick allows for successful body position on front (aided support) with sustained breathing.

Can move on front and back using a kicking action (aided support) showing correct body position & breathing.

Can maintain correct body position & breathing when introducing 1 arm (aided).

Body Position

Comfortable with water around mouth and nose.

Confidently blow bubbles into the water submerging mouth and nose.

Confidently submerge head whilst blowing bubbles into the water.

Confidently breath OUT into water and lift head to breathe IN.

Introduce aided alternating leg action demonstrate sustained breathing.

Aided alternating leg action, turning the head to the side to BREATHE IN.

Breathing

Emerging alternating leg action on front and back with aided support.

Alternating action becoming more efficient, legs straightening.

Hips higher on front and back and leg action becomes proficient.

Co-ordinated single arms with alternating legs on front and back (10m)

Simultaneous leg action on back with aided support (10m)

Simultaneous arm action with aided support (10m).

Stroke Technique

Perform a safe entry and exit of the swimming pool.

Demonstrate the Help position for 15 seconds

Hold the help position for 30+ seconds

Perform tread water leg action with floatation support.

Perform un-aided tread water using arms to support leg action.

Sustain tread water for 30+ seconds

Water Safety

Push off the wall with two feet on front and back.

Push under the water and demonstrate a glide on front.

Push under water demonstrating a streamlined position.

Will touch and turn to continue swimming action.

Will demonstrate simultaneous leg action after pushing off the wall.

Will approach the wall and touch with 1 hand (altnative arms) or 2 (simultaneous arms)

Start, turn and finishes

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<p><u>Body position</u></p> <ul style="list-style-type: none"> - What body parts are crucial in maintaining a correct body position? - Where does our head look when on our back? - Where are our hips when on our back? - Where is our head when on our front? - Where are our hips when on our front? 	<p><u>Breathing</u></p> <ul style="list-style-type: none"> - Why do we never hold our breath? - What do we do with our mouth if our face is underwater? - When do we know when to breath in? - How do we breathe in efficiently? - What does trickle breathing mean? - How will trickle breathing help us in swimming? 	<p><u>Stroke Technique (legs)</u></p> <ul style="list-style-type: none"> - When do we use alternating leg kick? - Where does the kicking action start from during alternating leg kick? - Describe the ankle movement during alternating leg action. - When do you use simultaneous leg action? - What are the three stages of a simultaneous leg action for breaststroke? - What position are our feet in before we kick in breaststroke. 	<p><u>Water safety and Rules</u></p> <ul style="list-style-type: none"> - What must we check before we enter any water? - How do we enter the water safely? - How do we float on our back? - When might we use the HELP position? - Describe the HELP position. - What is the huddle position? - When might we tread water? - Describe the leg action for tread water. - How do I safely jump into the swimming pool? - How can I collect an object off the floor? - What is a straddle entry?
<p><u>Starts & finishes</u></p> <ul style="list-style-type: none"> - What does streamline mean? - What position is the body in when streamline. - How many hands touch the wall to finish on front crawl? - How many hands touch the wall to finish on backstroke? - How many hands touch the wall to finish on Breaststroke? 	<p><u>Turns (experienced only)</u></p> <ul style="list-style-type: none"> - What position is our body in during a tumble turn? - When tumble turning on backstroke how do we know when to turn? - How can we increase speed on a tumble turn? - How does a breaststroke tumble turn differ to f/crawl and b/crawl? 	<p><u>Stroke Technique (arms)</u></p> <ul style="list-style-type: none"> - What are my fingers like when pulling through the water? - What part of hand enters the water first on front crawl? - When does my hand enter the water on front crawl? - What part of the hand enters the water first on backstroke? - What do my arms do in breaststroke? - How do you breathe in breaststroke? - How do my arms and legs work together in breaststroke? 	<p><u>Key terminology</u></p> <ul style="list-style-type: none"> - Streamline - Aquatic breathing - Alternating Leg action (f/crawl & b/crawl) - Simultaneous leg action (breaststroke & butterfly). - Front crawl - Backstroke - Breaststroke - HELP position - Huddle position - Tread water