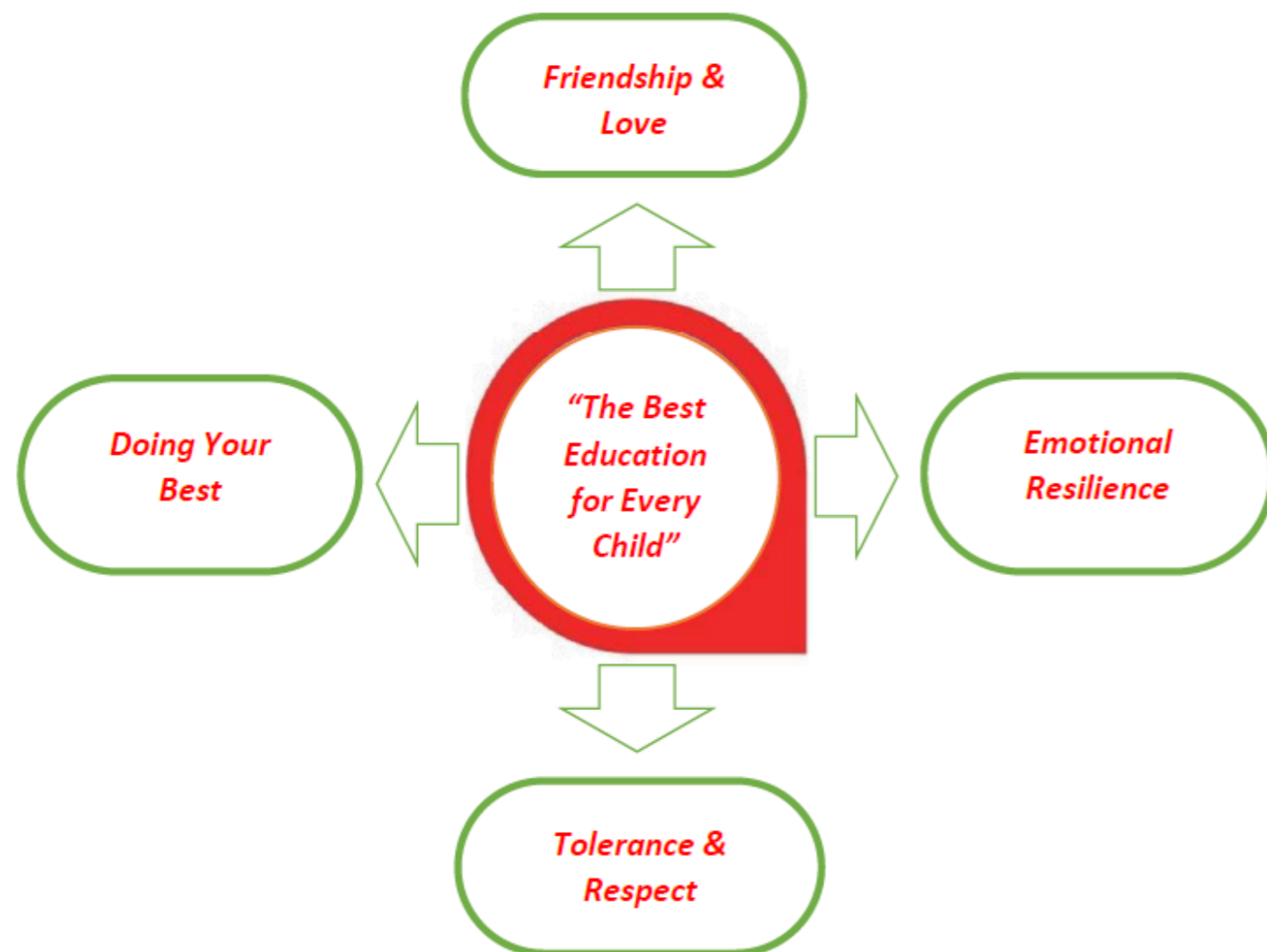




Red Moor School



Swimming

Schedule Plans

Sport and Health Faculty

Head of Faculty: Ryan Barnes

Date of last review: July 2020

Swimming Schedule RMS Foundation Stage (KS1, 2 & 3)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Half-Term block	Notes: Each Half-Term block represents approximately 6 Lessons (45 minutes each) over 6-7 weeks.					
Schedule A	Title: Starfish 1 Context: Safe entry into pool, supporting child around the pool on front and back. Banding: 2-11 Progression Area: Water confidence	Title: Starfish 2 Context: Encouraging child to get their face wet and mover freely around the pool. Banding: 2-11 Progression Area: Water confidence	Title: Starfish 3 Context: Helping child to use a kicking action and to reach for different objects in the pool. Banding: 2-11 Progression Area: Water confidence	Title: Starfish 4 Context: Encouraging child to gently submerge under water and to move from front to back in the water. Banding: 2-11 Progression Area: Water confidence	Title: Starfish 5 Context: Encouraging child to jump into the water from the side. Develop kicking action . Banding: 2-11 Progression Area: Water confidence	Title: Starfish 6 Context: Encouraging child to enter the water freely from sitting position and to submerge vertically. Banding: 2-11 Progression Area: Water confidence
Schedule B	Title: Stanley 1 Context: Move through the water on front and back for two metres Banding: 3-11 Progression Area: Learning the basics of swimming	Title: Stanley 2 Context: Showing an understanding of poolside safety. Blowing bubbles whilst moving through the water Banding: 3-11 Progression Area: Learning the basics of swimming	Title: Stanley 3 Context: Performing different types of float. Move through the water for 5 metres on front and back Banding: 3-11 Progression Area: Learning the correct way to swim	Title: Stanley 4 Context: Picking up objects from the pool floor. Push and glide and treading water. Banding: 3-11 Progression Area: Water confidence	Title: Stanley 5 Context: Breathing rhythmically when swimming. Demonstrating front crawl and back crawl action Banding: 3-11 Progression Area: Correct techniques when swimming	Title: Stanley 6 Context: Swimming submerged in the water. Begin to learn the breaststroke technique Banding: 3-11 Progression Area: Learning breaststroke
Schedule C	Title: Stanley 7 Context: Swim 10 metres of front crawl and backstroke confidently. Banding: 3-11 Progression Area: Improving distance with your strokes	Title: Octopus 1 Context: Perform a treading water action. Practice different types of float Banding: 4–11 Progression Area: Water confidence	Title: Octopus 2 Context: Push and glide on front, back and side. Retrieving objects fro the pool floor. Banding: 4-11 Progression Area: Moving through the water with confidence	Title: Octopus 3 Context: Push and glide into different swimming strokes. Learn the dolphin leg kick. Banding: 4-11 Progression Area: Developing a new swimming stroke	Title: Goldfish 1 Context: Perform dolphin leg kick on front and back. Learning how to skull and practicing breaststroke. Banding: 4-11 Progression Area: Developing the dolphin kick ready for butterfly.	Title: Goldfish 2 Context: Swim front and back crawl for 10 metres using rhythmical breathing. Practice different types of float. Banding: 4-11 Progression Area: Further develop their technique when swimming.
Schedule D	Title: Goldish 3 Context: swim confidently the four strokes that have been taught. Practice water safety questions Banding: 4-11 Progression Area: Develop swimming techniques	Title: Angelfish 1 Context: Straddle entry into the pool, treading water for a given time. Building up the distances for each stroke. Banding: 5-11 Progression Area: Starting to put some distance into these strokes	Title: Angelfish 2 Context: Learning correct touch finished when swimming. Begin to look at the life saving aspect of swimming. Banding: 5-11 Progression Area: Develop knowledge of lifesaving	Title: Angelfish 3 Context: Learning more about lifesaving in the pool. Building up the distances for each of the four strokes. Banding: 5-11 Progression Area: Improving the distances when swimming each stroke	Title: Shark 1 Context: Learning different types of rescue when in the pool. Swimming underwater for distance. Banding: 5-11 Progression Area: developing knowledge of life saving in the pool	Title: Shark 1 Context: Achieving the 50 metre award for front and back crawl. 25 metres of breaststroke. Banding: 5-11 Progression Area: Progressing on distance when swimming

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Schedule E	<p>Title: Shark 2</p> <p>Context: Perform a reaching rescue with a casualty. Practice using a buoyancy aid and throwing to a target.</p> <p>Banding: 5-11</p> <p>Progression Area: Increased knowledge of how to perform pool rescues</p>	<p>Title: Shark 2</p> <p>Context: Swim 75 metres, by swimming three different strokes. Increasing confidence in the butterfly stroke.</p> <p>Banding: 5-11</p> <p>Progression Area: Increased confidence and distances when swimming</p>	<p>Title: Shark 2</p> <p>Context: Practice a range of dives into the pool. Perform and swimming medley, which incorporates the four strokes learnt.</p> <p>Banding: 5-11</p> <p>Progression Area: Increased swimming ability across the four strokes</p>	<p>Title: Shark 3</p> <p>Context: Throwing reaching aids to a target over set distances. Performing some pool tasks whilst wearing a t-shirt.</p> <p>Banding: 5-11</p> <p>Progression Area: Increasing knowledge and ability with pool life saving</p>	<p>Title: Shark 3</p> <p>Context: 100 metres of front crawl and 5back crawl incorporating the correct starts and finishes.</p> <p>Banding: 5-11</p> <p>Progression Area: Perfecting the swimming techniques</p>	<p>Title: Shark 3</p> <p>Context: Exploring competitive starts for the different strokes. Further practicing the individual medley with appropriate transitions.</p> <p>Banding: 5-11</p> <p>Progression Area: Perfecting the swimming techniques</p>
Schedule F	<p>Title: Bronze Award</p> <p>Context: Beginning to swim distances within a time frame. Practicing tumble turns</p> <p>Banding: 5-11</p> <p>Progression Area: Preparing students for possible swimming galas</p>	<p>Title: Bronze Award</p> <p>Context: Practicing the correct turns and finishes in different strokes. Perfecting these.</p> <p>Banding: 5-11</p> <p>Progression Area: Preparing students for possible swimming galas</p>	<p>Title: Bronze Award</p> <p>Context: Treading water and sculling for longer periods of time. Learning back and front somersault.</p> <p>Banding: 5-11</p> <p>Progression Area: Preparing students for possible swimming galas</p>	<p>Title: Silver Award</p> <p>Context: Swimming the four strokes within certain times. Adding a competitive edge.</p> <p>Banding: 5-11</p> <p>Progression Area: Preparing students for possible swimming galas</p>	<p>Title: Silver Award</p> <p>Context: Learning the skills needed to perform in synchronised swimming. Further practice at treading water and sculling.</p> <p>Banding: 5-11</p> <p>Progression Area: What is needed to become a synchronised swimmer</p>	<p>Title: Silver Award</p> <p>Context: Using a ball in the water, learning the rules of water polo. Treading water for prolonged periods of time.</p> <p>Banding: 5-11</p> <p>Progression Area: Learning a new sport called water polo</p>
Schedule G	<p>Title: Gold Award</p> <p>Context: Swimming the four strokes within certain times. Adding a competitive edge.</p> <p>Banding: 6-11</p> <p>Progression Area: Preparing students for possible swimming galas</p>	<p>Title: Gold Award</p> <p>Context: Heavily involving the synchronised swimming aspect. Learning new skill for this activity.</p> <p>Banding: 6-11</p> <p>Progression Area: What is needed to become a synchronised swimmer</p>	<p>Title: Gold Award</p> <p>Context: Performing lots of activities with a ball. Exploring the game of water polo at a more in-depth manner.</p> <p>Banding: 6-11</p> <p>Progression Area: Gaining a greater knowledge of water polo</p>	<p>Title: Platinum Award</p> <p>Context: Perfecting the individual medley with efficient techniques, correct starts and finishes and effective transitions.</p> <p>Banding: 6-11</p> <p>Progression Area: Preparing students for competitive swimming</p>	<p>Title: Platinum Award</p> <p>Context: A recap of Pool lifesaving and synchronised swimming. What is needed to have confidence when taking part in these activities.</p> <p>Banding: 6-11</p> <p>Progression Area: Advanced knowledge of pool safety and synchronised swimming</p>	<p>Title: Platinum Award</p> <p>Context: Performing lots of activities with a ball. Exploring the game of water polo at an advanced level.</p> <p>Banding: 6-11</p> <p>Progression Area: Brining the game of water polo to a competitive level, working in a team.</p>