

Swimming Sequence of Lesson

Lesson	Year 7	Year 8	Year 9	KS4
1	<p>Assessment Baseline assessment and water safety instructions</p> <p>PE: Be able to perform Front crawl leg, arm action and body position</p> <p>Sport: Follow health and safety instructions</p> <p>Health: To understand water safety And the importance of following the rules in swimming and other activities.</p>	<p>Assessment Baseline assessment and water safety instructions</p> <p>PE: Front crawl leg, arm action, body position and breathing</p> <p>Sport: Efficient breathing</p> <p>Health- To develop some water personal survival skills To understand the importance of following the rules and checking the playing area/equipment To know the importance of hydration</p>	<p>Assessment Baseline assessment and water safety instructions</p> <p>PE: Front crawl techniques (Tumbles and starts)</p> <p>Sport: False starts and illegal turns</p> <p>Health To develop some water personal survival skills To understand the importance of following the rules and checking the playing area/equipment To know the importance of hydration and nutrition</p>	<p>Assessment 50m unaided</p> <p>PE: Front crawl technique</p> <p>Sport: Adapting stroke according to race distance</p> <p>Health To develop some water personal survival and lifesaving skills To understand the importance of following the rules and checking the playing area/equipment To know the importance of hydration and nutrition</p>
2	<p>PE:Front crawl leg, arm action and body position</p> <p>Sport: Efficient breathing</p> <p>Health: To understand water safety And the importance of following the rules in swimming and other activities.</p>	<p>PE: Front crawl leg, arm action, body position and breathing</p> <p>Sport: Starts -diving False starts</p> <p>Health- To develop some water personal survival skills</p>	<p>PE:Front Crawl (Tumbles and starts)</p> <p>Sport: Illegal starts and turns</p> <p>Health To develop some water personal survival skills</p>	<p>PE: Front crawl</p> <p>Sport: Adapting stroke according to race distance -Timed races</p> <p>Health</p>

		<p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration</p>	<p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration and nutrition</p>	<p>To develop some water personal survival and lifesaving skills</p> <p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration and nutrition</p>
3	<p>PE:Back crawl Arm. Leg and body position</p> <p>Sport: Efficient arm pull to generate speed</p> <p>Health: To understand water safety And the importance of following the rules in swimming and other activities.</p>	<p>PE: Back crawl Arm leg, body position racing start</p> <p>Sport: Racing start and illegal starts</p> <p>Health- To develop some water personal survival skills</p> <p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration</p>	<p>PE: Back crawl (Starts, tumbles and finishes)</p> <p>Sport: Illegal starts and turns</p> <p>Health- To develop some water personal survival skills</p> <p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration and nutrition</p>	<p>PE: Back crawl technique</p> <p>Sport: Adapting stroke according to race distance-Timed races</p> <p>Health</p> <p>To develop some water personal survival and lifesaving skills</p> <p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration and nutrition</p>

4	<p>PE: Breaststroke Arms, legs and breathing</p> <p>Sport: Identifying how breaststroke can help you conserve energy</p> <p>Health: To understand water safety And the importance of following the rules in swimming and other activities. Be able to identify how breastroke legs can be used to tread water in an emergency situation.</p>	<p>PE: Breaststroke (Starts, arms legs and breathings and finishes)</p> <p>Sport: Applying the correct breathing to optimize efficiency in the water. What is an illegal start.</p> <p>Health- To develop some water personal survival skills</p> <p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration</p>	<p>PE: Breaststroke (lengths) (Starts, arms, legs and breathings, turns and finishes)</p> <p>Sport: Identify an illegal turn and start</p> <p>Health- To develop some water personal survival skills</p> <p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration and nutrition</p>	<p>PE: Breaststroke</p> <p>Sport: Adapting stroke according to race distance-Timed distances</p> <p>Health</p> <p>To develop some water personal survival and lifesaving skills</p> <p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration and nutrition</p>
5	<p>Feedback and improving strokes Year 7 swim 1 length of chosen stroke unaided</p> <p>Sport- Identifying strengths and weaknesses in their performance</p> <p>Health- o understand water safety And the importance of following the rules in swimming and other activities.</p>	<p>Feedback and improving strokes Year 8 2 lengths un- aided with a start</p> <p>Sport: Perform a legal start</p> <p>Health- To develop some water personal survival skills</p> <p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration</p>	<p>Feedback and improving strokes Year 9 4 lengths with starts and turns</p> <p>Sport: Perform and identify if a illegal start and turn has occurred.</p> <p>Health- To develop some water personal survival skills</p> <p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration and nutrition</p>	<p>Feedback and improving strokes KS 4 6 lengths starts and turns-long distances and races</p> <p>Sport: Be able to officiate a swimming race. The start, turn and end and use technology to identify illegal starts.</p> <p>Health</p> <p>To develop some water personal survival and lifesaving skills</p> <p>To understand the importance of following the rules and checking the playing area/equipment</p>

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Key concepts: (referenced by a number above for lessons)

These will be taught through swimming and have been referenced on the curriculum map. The knowledge in these 3 areas will develop over time.

1. **PE-Motor competence**- students will develop coordination in order to break down all strokes into kick, arms, and breathing in order to demonstrate full technique of front crawl, backstroke, breaststroke and butterfly.

2. **SPORT -Rules, strategies & tactics**- *students will develop an understanding of the rules in swimming, applying strategies and tactics to improve performance overall.* 3. **Healthy participation**- students will develop their aerobic endurance, speed and power through participating in swimming. Lessons will increase HR in the ST, and this will have a positive impact on health in the LT. For some student's participation in lessons will encourage students to attend extra-curricular clubs at school and even swim outside of school

3. **HEALTH**-Healthy participation- students will develop their aerobic endurance, speed and power through participating in swimming. Lessons will increase HR in the ST, and this will have a positive impact on health in the LT. For some student's participation in lessons will encourage students to attend extra-curricular clubs at school and even swim outside of school.

Learners during this unit of work will develop their understanding of injuries, how to prevent accidents, the importance of following rules, water safety and develop their understanding of why hydration and nutrition is important to maintain a healthy and active lifestyle.

4: **Character**- Managing pressure and stress, Leadership and Motivation will be character qualities that will be developed during this unit of work.

