

5-14 Expressive Arts

**PHYSICAL EDUCATION**



# Swimming

**Levels A to E**



# Health & Safety

## Swimming

- Swimming should be taught only by suitably qualified teachers.
- Teachers should be aware of the N.O.P. and E.A.P. of the pool being used.
- Teachers should be aware of relevant medical information about pupils in their classes.
- A pupil with long hair which is likely to interfere with his/her vision should wear a swimming cap.
- Supervision in the dressing rooms should be adequate when pupils are using them.
- Arrangements should be made for pupils not participating to be supervised away from the pool area.
- It is essential that pupils remain obedient and disciplined while in the pool area.

**Activity P7 Swimming**

**Learning Outcomes** Using materials, skills, techniques and media.

**Strands** (a) Using the body.  
(b) Observing, reflecting, describing and responding.

**Attainment Targets****Level A**

- (a) Pupils should be able to demonstrate water confidence and propulsion with aids.
- (b) Pupils should be able to observe and describe simple actions and respond.

**Level B**

- (a) Pupils should be able to demonstrate propulsion without aids.
- (b) Pupils, using given criteria, should be able to observe and describe peer and personal performance at a basic level.

**Level C**

- (a) Pupils should be able to perform a recognised stroke over 10 metres.
- (b) Pupils should be able to observe, describe and make basic evaluations of peer and personal performance.

**Level D**

- (a) Pupils should be able to demonstrate two strokes, one efficiently. Pupils should be able to show basic personal survival skills.
- (b) Pupils should be able to observe and describe peer and personal performance plus identify strengths and weaknesses.

**Level E**

- (a) Pupils should be able to demonstrate two strokes efficiently including breathing techniques, etc. Pupils should be able to show more demanding survival skills.
- (b) Pupils should be able to identify strengths and weaknesses in self and peer performances and make some suggestions and improvements.

## Activity **P7 Swimming**

### Teaching Approaches/Learning Experiences

- Teaching directed
- Self and Peer Assessment
- Individualised learning

### Assessment Instruments

- Teacher observation
- Evaluation sheets

### Suggested content

- Emergency drill
- Rules
- Water confidence

### Stroke technique

- Front crawl
- Back crawl
- Breast stroke

### Personal survival skills

- Entries/exits
- Flotation
- Surface dives
- Treading water
- Underwater swimming

### Extension work

- Poolside warm up
- Side stroke
- Introduction to life-saving skills

## Activity **P7 Swimming**

**Level** A-E

**Lesson** One – Introduction to Swimming:

- Explanation of procedures
- Emergency Drill

**Warm-up**

Grouping of swimmers:

- Beginners
- Improvers
- Swimmers

## Activity **P7 Swimming**

**Level** A–E  
**Lesson** Two – Whole-class activity

<b>Warm-up/Focus</b>	Beginners: Leg kick using aids; partner; wall, attempt leg kick without wall/partner; Improvers: Leg kick boards; whole/part/whole emphasising leg kick. Swimmers: Push and glide with board; leg kick with boards; whole/part/whole emphasising leg kick over longer distance.
<b>Water Confidence</b>	Beginners: face in water. Improvers: totally submerge. Swimmers: totally submerge.
<b>Swim Down</b>	Whole-class activity.

## Activity **P7 Swimming**

**Level** A–E  
**Lesson** Three – Whole-class activity

<b>Warm-up/Focus</b>	<p>Beginners: Continue leg kick using aids; attempt leg kick with kickboards only; watch partner, give suggestions.</p> <p>Improvers: Continue with kick using boards; introduce push and glide with floats; whole/part/whole emphasising legs; introduce leg kick on back using boards; watch partner, suggest improvements.</p> <p>Swimmers: Push – glide – kick with boards; push – glide – kick without boards; whole/part/whole emphasising push – glide – kick; watch partner, give comments on where to improve.</p>
<b>Water Confidence</b>	<p>Recap previous lesson <i>plus</i>:</p> <p>Beginners: floating back/front with aids.</p> <p>Improvers: floating back/front.</p> <p>Swimmers: floating back/front/mushroom.</p>
<b>Swim Down</b>	Whole-class activity.

## Activity **P7 Swimming**

**Level** A–E  
**Lesson** Four – Whole-class activity

<b>Warm-up/Focus</b>	<p>Beginners: Continue as before;          attempt leg kick with armbands only;          introduce arm action;          attempt full stroke with aids.</p> <p>Improvers: Continue push and glide with boards;          whole/part/whole emphasising legs;          introduce arm action with aids;          back kick with boards emphasising body position.</p> <p>Swimmers: Push and glide under water in streamline position;          push – glide – kick without boards;          introduce arm action emphasise high elbow;          whole/part/whole emphasising arm action;          back kick arms at side.</p>
<b>Water Confidence</b>	<p>Recap previous lesson <i>plus</i>:</p> <p>Beginners: totally submerge.</p> <p>Improvers: mushroom float.</p> <p>Swimmers: floating, fully submerge, swim under water.</p>
<b>Swim Down</b>	Whole-class activity.

## Activity **P7 Swimming**

**Level** A–E  
**Lesson** Five – Whole-class activity

<b>Warm-up/Focus</b>	<p>Beginners: Continue as before; full stroke with aids emphasising arm action; back kick without boards.</p> <p>Improvers: Continue as before; whole/part/whole emphasising arm action; back kick without boards emphasising body position;</p> <p>Swimmers: Continue as before; whole/part/whole emphasising arm action; timing of leg and arm action; back kick emphasising body position.</p>
<b>Water Confidence</b>	<p>Recap previous lesson <i>plus</i>:</p> <p>Beginners: floating without aids back/front.</p> <p>Improvers: floats – totally submerge; swim under water.</p> <p>Swimmers: swim to surface dive.</p>
<b>Swim Down</b>	Whole-class activity.

## Activity P7 Swimming

**Level** A–E  
**Lesson** Six – Whole-class activity

<b>Warm-up/Focus</b>	<p>Beginners: Continue as before;  arm action with/without boards;  whole/part/whole with aids emphasising arms;  push and glide with boards face in water;  attempt to swim without aids;  watch partner and give suggestions.</p> <p>Improvers: Continue as before;  push and glide underwater in streamline position;  whole/part/whole emphasising arm action;  whole/part/whole emphasising body position;  watch partner and suggest improvements.</p> <p>Swimmers: Continue as before;  introduce breathing in front stroke;  whole/part/whole emphasising breathing;  watch partner and suggest how to improve;  back stroke leg kick;  push and glide on back;  timing of leg and arm action;  whole/part/whole emphasising leg kick and push and glide.</p>
<b>Water Confidence</b>	<p>Recap previous lesson <i>plus</i>:</p> <p>Beginners: pick up object from floor;  floating on back without aids.</p> <p>Improvers: mushroom float;  retrieve object from pool floor.</p> <p>Swimmers: swim to surface dive to pick up object.</p>
<b>Swim Down</b>	Whole-class activity.

## Activity **P7 Swimming**

**Level** A–E  
**Lesson** Seven – Whole-class activity

<b>Warm-up/Focus</b>	<p>Beginners: Continue as before; working on swimming without aids; back stroke full emphasising body position.</p> <p>Improvers: Introduce breathing in front stroke; whole/part/whole emphasising breathing; introduce arm action in back stroke; whole/part/whole emphasising arm action.</p> <p>Swimmers: Continue as before; whole/part/whole longer distance emphasising breathing; whole/part/whole longer distance emphasising arm action.</p>
<b>Water Confidence</b>	<p>Beginners: as before <i>plus</i>: mushroom float.</p> <p>Improvers: retrieve object using surface dive.</p> <p>Swimmers: retrieve object from deeper water using surface dive.</p>
<b>Swim Down</b>	Whole-class activity.

## Activity **P7 Swimming**

**Level** A-E  
**Lesson** Eight – Whole-class activity

<b>Warm-up/Focus</b>	Beginners: Continue as before; attempt to swim a breadth unaided front/back. Improvers: Continue as before; work on breathing over longer distances; work on back stroke over longer distances. Swimmers: Continue as before; front stroke over a length emphasising breathing; whole/part/whole back stroke emphasising timing.
<b>Water Confidence</b>	Beginners: attempt to pick up object in deeper water. Improvers: swim to surface dive to retrieve object. Swimmers: introduce treading water.
<b>Swim Down</b>	Whole-class activity.

## Activity **P7 Swimming**

**Level** A-E  
**Lesson** Nine – Whole-class activity

<b>Warm-up/Focus</b>	Beginners: Continue to work on strokes with/without aids; introduce breathing in front stroke. Improvers: Work on both strokes over lengths with breathing. Swimmers: Work on lengths emphasising timing of strokes.
<b>Water Confidence</b>	Beginners: attempt to surface dive. Improvers: introduce treading water. Swimmers: treading water with manoeuvres.
<b>Swim Down</b>	Whole-class activity.

## Activity **P7 Swimming**

**Level** A–E  
**Lesson** Ten – Whole-class activity

<b>Warm-up/Focus</b>	<p>Beginners: Work on technique of strokes; work on improving distances.</p> <p>Improvers: Work on timing of strokes; work over longer distances.</p> <p>Swimmers: Work on timing of strokes; work over longer distances; introduce third stroke.</p>
<b>Water Confidence</b>	<p>Beginners: swim to surface dive.</p> <p>Improvers: tread water with manoeuvres.</p> <p>Swimmers: tread water with manoeuvres sculling.</p>
<b>Swim Down</b>	Whole-class activity.
<b>Lesson</b>	<p><b>Eleven</b></p> <p>Recap all teaching points and techniques. Finalise 5–14 Assessment.</p>
<b>Lesson</b>	<p><b>Twelve</b></p> <p>Assessment of Distance Awards. Whole-group activity.</p>

# Swimming Assessment Criteria

LEVELS

PUPIL'S NAME

PUPIL'S NAME										LEVELS	
										Enter & exit safely	<b>A</b>
										Face in water; Blow bubbles; Splash wash	
										Propel any way across pool with aids	
										Show propulsion without aids	<b>B</b>
										Push & glide on front with float (face in water)	
										Totally submerge	
										Float on back/front back to feet with floats	<b>C</b>
										Recognised stroke over 10 metres	
										Float unaided on front or back	
										Perform a mushroom float	<b>D</b>
										Push and glide on front	
										Swim two recognised strokes	
										Push & glide under water in streamlined position	<b>E</b>
										Swim to surface dive	
										Push & glide on back	
										Swim one stroke	<b>E</b>
										Sculling	
										Surface dive & retrieve object from more than 1 metre	
										Tread water manoeuvring	
										OVERALL GRADE	
										DISTANCE AWARD	
										COMMENT	

# EXPRESSIVE ARTS Physical Education

Pupil	Class	Teacher
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Course description

Working at level

Strands	Showing strengths	Competent	Limited progress
Investigating and developing fitness			
Using the body			
Applying skills			
Creating and designing			
Cooperating, sharing, communicating & competing			
Observing, reflecting, describing & responding			

<b>Effort</b> <input type="checkbox"/>	<b>Behaviour</b> <input type="checkbox"/>	<b>Homework</b> <input type="checkbox"/>	<p><b>VG</b> <i>very good</i></p> <p><b>S</b> <i>satisfactory</i></p> <p><b>NI</b> <i>needs to improve</i></p>
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Strengths and areas for development

Signature of teacher \_\_\_\_\_

Date \_\_\_\_\_

