



Stratford Preparatory School

Term: Summer 2019

Subject: Infant 3/ Infant 2 - Swimming

General Notes:

The following scheme has been devised with reference to the National Curriculum for Physical Education at Key Stage 1 (including the non-statutory guidelines for swimming and water safety). There will be two groups of differing ability. The less able group taken by the Leisure Centre Teacher.

Aims:

To improve pupils confidence in the water.
To be able to move in the water in various ways.
To feel the buoyancy and support of the water and swimming aids.
To develop a range of water skills and an understanding of water safety.

Objectives:

The pupils will:

- Be able to enter and exit the water unaided.
- Have increased fitness and stamina.
- Be able to submerge completely in the water.
- Improve their stroke techniques in front crawl, breaststroke and back stroke.
- Be able to float unaided and aided on their front and back.

Key Skills:

Areas of experience

The school will focus on providing experience in the following areas

Linguistic – command of language and ability to communicate grows through listening, speaking, reading and writing.

Mathematical – Understand and appreciate relationships and patterns in number and space and to develop their capacity to think logically and express themselves clearly. Understanding should come from practical activity, exploration and discussion.

Scientific – Knowledge and understanding of nature, materials and forces. Develop skills associated with scientific process of enquiry: observing, forming hypotheses, experiments and recording.

Technological – Planning, developing and evaluating good quality products. Using tools, materials and equipment. Responsible and safe use of computing.

Human and social – People and environment, how human action in the past has influence events and conditions.

Physical – Physical control and co-ordination as well as tactical skills and imaginative responses to evaluate and improve performance. An understanding of fitness and health.

Aesthetic and creative – Making, composing and inventing, present in all areas especially Art, Music, drama, dance, literature.

Scheme of Work/ Weekly Programme of Study:

All lessons will start with the correct entry into the pool and warm up exercises.

WEEK 1: No lesson. Water Safety session.

WEEK 2: Rules of the pool. Front Crawl. Arm and leg actions revised with floats. Two lengths of each drill to build up stamina. Explain and practice correct breathing technique. Push and glide from side and change to standing position. Straight jump into pool.

WEEK 3: Front Crawl, with emphasis on breathing to the side with natural roll of body. Two lengths for each drill. Practice breathing every 2 arm actions – one cycle. Legs only practice with float outstretched in one hand, other arm by side, turn to breathe to 'open' side, legs only and with single arm action. Push off and glide on front, stretching out and then rolling like log on to back. Star jump into pool.

WEEK 4: Back Stroke. 2 length, leg and arm actions revised with floats. Position of head and body in the water. Practice slight roll of body to get little finger to enter water first and short arm pull to side of body. Push, glide and float on back returning to standing position. Float in tucked position on front and back. Tucked sideways rolling.

HALF TERM

WEEK 5: Back Stroke, as last week with emphasis on the co-ordination of the whole stroke. Stretched body position with continuous arm action. Push and glide from side to start. Push glide and float from side, then rotate like a log through 360'. Tuck jump from side without goggles.

WEEK 6: Breast Stroke. Practice leg action on side of pool then in water with floats. Circular action with heels drawn up to seat. Speed up action when co-ordination achieved. Practice arm action with head low in the water.

WEEK 7: Breast Stroke, as last week with emphasis on the whole stroke. Breast Stroke Leg action on back with floats, and without, using a sculling action with hands.

WEEK 8: Front Crawl and Back Stroke. Practice stroke techniques. Measure distance swam.

WEEK 9: Play swim

WEEK 10: No Lesson, Speech Day

Differentiation:

Differentiation will be by pupil outcome and teacher support. Pupils with asthma or other medical conditions will have some leeway with regards to teacher expectations.

Cross Curricular Links:

There is an opportunity for the pupils to explore some concepts of mathematics (such as time, measure and positioning), Science (the body, muscles and fitness) and PSHE (consideration of healthy life styles.)

Deployment of Teaching Assistants:

The role of the TA will include:

Supervising pupils on the poolside if they need individual assistance of any kind.

Supervising pupils closely when walking back to school.

First Aid – first aid and mobile phone always to be taken.

Monitoring pupils' behaviour and assist with changing.

Organisation and preparation of resources.

Resources:

Floats, toggles, weighted floats, balls.

