

Medium Term Plan: Supporting Implementation of

Subject: Year 5 Autumn 1 – Swimming:

Autumn 1 (Lessons 1-6) and Autumn 2 (Lessons 7-12)

This unit is aimed at intermediate swimmers. Pupils focus on swimming more fluently and with increased confidence and control. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water. Pupils have to keep afloat and propel themselves through the water. Pupils are given the opportunity to be creative, designing their own personal survival course and creating a synchronised swimming sequence. Pupils take part in team games, collaborating and communicating with others.

N/C links:

- All schools must provide swimming instruction either in key stage 1 or key stage 2.

Key skills:

- Physical: rotation, scull, tread water, glide, front crawl, backstroke, breaststroke, surface dives, float, huddle and H.E.L.P. position, balance
- Social: support others, work safely, inclusion, communication, collaboration
- Emotional: determination, work fairly, honesty, confidence, perseverance
- Thinking: comprehension, creativity, make decisions, tactics

Prior Learning (what pupils already know and can do)

- Keeping your legs together for crawl helps you to stay straight in the water.
- Breathing out with a slow consistent breath enables you to swim for longer before needing another breath.
- If you fall in the water float.

Long-term Learning (what pupils MUST know and remember) End Goals

- To swim competently, confidently and proficiently over a distance of at least 25 metres
- To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke.]
- To perform safe self-rescue in different water-based situations.

Key Vocabulary

Afloat, continuously, endurance, exhale, huddle, inhale, stroke, motion, outstretched, rotate, streamline, technique, treading water

Session 1 - To develop gliding, front crawl and backstroke.

Success Criteria

- Keep your body streamlined and your legs close together.

Whole Child Objectives

- Social: To support and congratulate others.
- Emotional: To work hard to improve my own time.
- Thinking: To understand and apply technique.

Session 2 - To develop rotation, sculling and treading water.

Success Criteria:

- Cup hands and keep fingers together.
- Push hips high.

Whole Child Objectives:

- Social: To safely move around in the water.
- Emotional: To show determination not to put my feet down when treading water.

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- Thinking: To create, use and adapt tactics to collect the most points.

Session 3 - To develop the front crawl stroke and breathing technique.

Success Criteria:

- Breathe out to the side every three strokes.

Whole Child Objectives:

- Social: To be inclusive of all members of my team.
- Emotional: To show determination to swim the distance in fewer strokes.
- Thinking: To understand and apply technique.

Session 4 - To develop the technique for backstroke arms and legs.

Success Criteria:

- Push your hips up towards the water surface.

Whole Child Objectives:

- Social: To communicate with my partner to help us to move through the water together.
- Emotional: To try my best.
- Thinking: To identify strengths in my own and other's technique and use this to help me decide who should be the legs and who should be the arms.

Session 5 – To develop breaststroke technique.

Success Criteria:

- Glide between each action.
- Start your arm action once you have completed your leg kick.

Whole Child Objectives:

- Social: To work collaboratively with a partner to catch others.
- Emotional: To play fairly and use the rules of the game.
- Thinking: To use tactics to try to gain possession of the ball.

Session 6 - To develop breaststroke technique.

Success Criteria:

- Point your toes at the end of each kick.

Whole Child Objectives:

- Social: To encourage my teammates to do their best.
- Emotional: To play honestly, admitting if I am caught.
- Thinking: To plan a route a speed to avoid the catcher.

Session 7 - To develop breaststroke and breathing technique.

Success Criteria

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- Inhale through your mouth.

Whole Child Objectives

- Social: To work collaboratively with a partner to retrieve items from the bottom of the pool.
- Emotional: To be confident to add breathing technique into my breast stroke.
- Thinking: To plan tactics to overcome a task.

Session 8 - To develop basic skills of water safety and floating.

Success Criteria:

- Push your hips up to the surface when floating.

Whole Child Objectives:

- Social: To work with a partner to discuss and collaborate on ideas.
- Emotional: To try my best.
- Thinking: To plan my own float sequence.

Session 9 - To develop the dolphin kick.

To develop the front crawl stroke and breathing technique.

Success Criteria:

- Keep your legs together and create the movement from your hips.

Whole Child Objectives:

- Social: To use positive words to help congratulate and celebrate other pupil's effort and achievements.
- Emotional: To be confident to attempt new skills.
- Thinking: To understand and apply technique.

Session 10 - To learn techniques for personal survival.

Success Criteria:

- Communicate with others to get into the positions quickly.

Whole Child Objectives:

- Social: To collaborate with others to create the huddle position for safety.
- Emotional: To persevere when learning something new.
- Thinking: To understand what the huddle position is and how to create it.

Session 11 – To develop water safety skills and an understanding of personal survival.

Success Criteria:

- Use strokes that conserve energy.

Whole Child Objectives:

- Social: To work in collaboration with others to achieve a set goal.
- Emotional: To try my best.
- Thinking: To design and create a personal survival course to include set criteria.

Session 6 - To identify fastest strokes and personal bests.

Success Criteria:

- Breathe at regular intervals.
- Communicate with your group so that you can support one another.

Whole Child Objectives:

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- Social: To work collaboratively with others to complete a team challenge.
- Emotional: To show determination to achieve my personal best.
- Thinking: To understand and apply technique.

Future learning this content supports:

Pupils will have improved their balance, speed, coordination, strength and flexibility. These skills transferred will also be essential during their participation of various sports within Y5/6 such as gymnastics, handball, dance, athletics, fitness.