

## Scheme of Work – Stages 1 and 2 (Non-Swimmer and Beginner)

(To be used in accordance to the pupil's needs in each swimming class)

### Experience/ability:

Some children will be working towards Stage 1 – they may be water confident and able to move around the swimming area with confidence but still need work with submerging. Others will be working towards Level 2, working on building more confidence to enhance solo swimming.

### Objectives:

At the end of this Scheme of Work, swimmers will be able to ...

<u>Stage 1 (Non-swimmer)</u>	<u>Stage 2 (Beginner)</u>
<ul style="list-style-type: none"><li>• Enter the water safely</li></ul>	<ul style="list-style-type: none"><li>• Jump in safely</li></ul>
<ul style="list-style-type: none"><li>• Move forwards for a distance of 5m</li></ul>	<ul style="list-style-type: none"><li>• Face in and blow bubbles</li></ul>
<ul style="list-style-type: none"><li>• Move backwards for a distance of 5m</li></ul>	<ul style="list-style-type: none"><li>• Push and glide prone</li></ul>
<ul style="list-style-type: none"><li>• Move sideways for a distance of 5m</li></ul>	<ul style="list-style-type: none"><li>• Push and glide supine</li></ul>
<ul style="list-style-type: none"><li>• Be at ease with water splashed in face</li></ul>	<ul style="list-style-type: none"><li>• Travel on back for 5m</li></ul>
<ul style="list-style-type: none"><li>• Supine float with aids</li></ul>	<ul style="list-style-type: none"><li>• Travel on front for 5m</li></ul>
<ul style="list-style-type: none"><li>• Push and glide from or to wall</li></ul>	
<ul style="list-style-type: none"><li>• Stand upright, from on the front and on the back</li></ul>	
<ul style="list-style-type: none"><li>• Exit the water safely</li></ul>	

**Continuous assessment to take place throughout**

<b><u>Session Aim</u></b>	<b><u>Content (teaching practices and teaching points)</u></b>		<b><u>Equipment/aids needed</u></b>
<ul style="list-style-type: none"> <li>• Introduce and develop front crawl leg action.</li> <li>• Experiment with submerging</li> </ul>	<p><b><u>Entry</u></b></p> <ul style="list-style-type: none"> <li>• Use steps or;</li> <li>• Slide in</li> </ul> <p><b><u>Introductory activity</u></b> Travel to other side, using aids, traffic light game</p> <p><b><u>Main theme</u></b></p> <ul style="list-style-type: none"> <li>• Using aids, f/c leg kick (assess ability and move children)</li> <li>• Hold onto rail, f/c leg action (all together)</li> <li>• Use woggle for support, prone floating (all together)</li> <li>• F/c leg action with woggle</li> <li>• 2 floats, f/c leg action</li> <li>• 1 float, f/c leg action</li> <li>• Travel prone, with/without aids (teacher assess)</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Bob up and down x 6</li> </ul>	<ul style="list-style-type: none"> <li>• Turn around and come down backwards</li> <li>• Hands to one side, roll onto tummy, turn and slowly lower.</li> <li>• Red – stop; amber – high jumps; green – travel forwards</li> <li>• Chin on water; heels break surface</li> <li>• Legs up and down; continuous action</li> <li>• Legs together; chin on water; hips below surface; woggle under arms</li> <li>• Straight legs; kick from hips; quick movement</li> <li>• Straight legs; continuous legs; chin on water; blow bubbles</li> <li>• Point toes; long legs; chin on water; stretch arms</li> <li>• Long legs; continuous leg action; paddle arms under water continuously – reach and pull (NO ARMS TO BREAK SURFACE – CHILDREN HAVE NOT GOT A DEVELOPED STROKE TECHNIQUE)</li> <li>• Shoulders to submerge under water; push up from feet</li> </ul>	<ul style="list-style-type: none"> <li>• Woggles</li> <li>• Woggles and floats</li> <li>• Woggles</li> </ul>

	<ul style="list-style-type: none"> <li>Practice blowing bubbles with mouth</li> <li>Bob up and down, mouth to enter water</li> <li>Woggle held above, child to move under it</li> <li>Same as above, woggle lowered</li> <li>Same as above, woggle lowered</li> </ul> <p><b>Exit</b> Climb out at side or step exit</p>	<ul style="list-style-type: none"> <li>Blowing out candles on birthday cake; make a blowing noise</li> <li>As above</li> <li>Chin on water</li> <li>Blow bubbles</li> <li>Wash mouth and nose; blow out through mouth and nose</li> <li>Elbows high</li> <li>Lean forwards</li> </ul>	
<ul style="list-style-type: none"> <li>Introduce and develop back crawl leg action</li> <li>Develop floating</li> </ul>	<p><b>Entry</b></p> <ul style="list-style-type: none"> <li>Use steps or;</li> <li>Slide in</li> </ul> <p><b>Introductory activity</b></p> <ul style="list-style-type: none"> <li>Travel to other side in various ways; big steps, running, jumping, hopping etc.</li> </ul> <p><b>Main theme</b></p> <ul style="list-style-type: none"> <li>Using aids, b/c leg action – assess children’s ability and move children according to this</li> <li>Begin with 2 floats (those lacking confidence, woggle under back too) – one under each arm – push off from wall on back, NO KICKING!</li> <li>Repeat several times – reinforce teaching points, especially ears submerged</li> <li>Then add leg action from push and glide – still use 2 floats (and woggle if needed)</li> </ul>	<ul style="list-style-type: none"> <li>Turn around and come down backwards</li> <li>Hands to one side, roll onto tummy, turn and slowly lower.</li> <li>Shoulders under water; use arms to steady and help move; try and get mouth and nose wet when jumping up and down</li> <li>Head pillowed in water; ears submerged; eyes to ceiling</li> <li>Kick up and down from the hips</li> <li>Pointed toes</li> </ul>	<ul style="list-style-type: none"> <li>Woggles and floats</li> </ul>

	<ul style="list-style-type: none"> <li>• Repeat several times – <b>use pupil demonstrations to reinforce good stroke technique</b></li> <li>• If children are feeling confident, use one float across chest (use woggle around back too if needed) – b/c leg action</li> <li>• Take floats away and just used woggle to practice leg kick</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Practice push and glide on back again, NO KICKING! (use woggle around back for support)</li> <li>• When children feel themselves stopping, encourage them to stay in this position, floating on back</li> <li>• Try star float using same technique</li> </ul> <p><b><u>Exit</u></b> Climb out at side or step exit</p>	<ul style="list-style-type: none"> <li>• Relaxed, floppy ankles; little splash with toes</li> <li>• Legs kick close together; long legs; push tummy to surface</li> <li>• Pillow head back in the water; breathe regularly; push tummy to top of water</li> <li>• Gently extend arms when feet off floor; maintain star shape</li> <li>• Elbows high</li> <li>• Lean forwards</li> </ul>	
<ul style="list-style-type: none"> <li>• Introduce breast stroke leg action</li> <li>• Introduce push and glides</li> </ul>	<p><b><u>Entry</u></b></p> <ul style="list-style-type: none"> <li>• Use steps or;</li> <li>• Slide in</li> </ul> <p><b><u>Introductory activity</u></b></p> <ul style="list-style-type: none"> <li>• Travel to other side in various ways; big steps, running, jumping, hopping etc.</li> </ul> <p><b><u>Main theme</u></b></p> <ul style="list-style-type: none"> <li>• Attempt complete stroke; use woggle under arms for balance</li> <li>• Hold on to hand rail, hands level, shoulders level. Elbows pressed onto</li> </ul>	<ul style="list-style-type: none"> <li>• Turn around and come down backwards</li> <li>• Hands to one side, roll onto tummy, turn and slowly lower.</li> <li>• Shoulders under water; use arms to steady and help move; try and get mouth and nose wet when jumping up and down</li> <li>• Start from push and glide; pull arms; kick and glide</li> <li>• Start legs in glide position; draw heels</li> </ul>	

	<p>wall (assists legs to rise)</p> <ul style="list-style-type: none"> <li>On front, 1 float under each arm, knuckles together, keep floats together, 2 or 3 leg kicks to begin with</li> <li>Repeat again, increasing distance travelled with leg kicks</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>Woggle around back to push tummy up, push and glide from side, short distance</li> <li>Repeat several times, increasing distance each time – take woggle away for children showing good technique</li> <li>Turn onto front, woggle can be used for less confident swimmers – push and glide from wall to partner</li> </ul> <p><b><u>Exit</u></b> Climb out at side or step exit</p>	<p>towards bottom; turn feet out; whip feet round; end with glide position</p> <ul style="list-style-type: none"> <li>Push and glide first; heels to bottom; turn feet out; legs into triangle shape; close back together</li> <li>Feet on wall, hold onto rail; pillow head in water; gently push from side; hands at side; legs glued together</li> <li>Feet on wall; stretch arms in front; push with both feet to partner; face in water when push off from side if confident; if not, chin on water blowing bubbles</li> <li>Elbows high</li> <li>Lean forwards</li> </ul>	
<ul style="list-style-type: none"> <li>Consolidate breast stroke leg action – introduce arm action (standing only)</li> <li>Develop breath control</li> <li>Jump in safely from side</li> </ul>	<p><b><u>Entry</u></b></p> <ul style="list-style-type: none"> <li>Use steps or;</li> <li>Slide in</li> </ul> <p><b><u>Introductory activity</u></b></p> <ul style="list-style-type: none"> <li>Travel to other side in various ways; big steps, running, jumping, hopping etc.</li> </ul> <p><b><u>Main theme</u></b></p> <ul style="list-style-type: none"> <li>Revise leg kick from last week – holding rail first, then using 2 floats (woggles can be used for extra support)</li> </ul>	<ul style="list-style-type: none"> <li>Turn around and come down backwards</li> <li>Hands to one side, roll onto tummy, turn and slowly lower.</li> <li>Shoulders under water; use arms to steady and help move; try and get mouth and nose wet when jumping up and down</li> <li>Push and glide from wall; heels to bottom; turn feet out; legs into triangle shape; close back together</li> </ul>	<ul style="list-style-type: none"> <li>Floats and woggles</li> </ul>

	<ul style="list-style-type: none"> <li>• Children then turn onto back – float under each arm – leg action watched and checked by child</li> <li>• Repeat several times – then roll back onto tummy and increase distance still – <b>use pupil demonstrations at various points to support teaching</b></li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Children to have a go at jumping in (only if they feel confident)</li> <li>• In water that children can <b>stand up in</b>, using small balls or egg flips (if available), children to blow these across the water</li> </ul>	<ul style="list-style-type: none"> <li>• Knees close together and brought to tummy; check feet turned out to kick; triangle shape with legs; glide between kicks</li> <li>• Toes over edge of pool – head up and eyes looking forward; hands by side; bend knees and jump forwards into water.</li> <li>• Mouth in water; blow out candles; shoulders submerged; walk to other side.</li> </ul>	<ul style="list-style-type: none"> <li>• Small balls and egg flips (if available)</li> </ul>
<ul style="list-style-type: none"> <li>• Revise front crawl leg action and introduce arm action (paddle under water)</li> <li>• Revise push and glides</li> </ul>	<p><b><u>Entry</u></b></p> <ul style="list-style-type: none"> <li>• Use steps or;</li> <li>• Slide in</li> </ul> <p><b><u>Introductory activity</u></b></p> <ul style="list-style-type: none"> <li>• Jump across pool – when they are doing this, mouth and nose in water blowing bubbles</li> </ul> <p><b><u>Main theme</u></b></p> <ul style="list-style-type: none"> <li>• Children to swim 1 or 2 widths front crawl – if feeling confident, encourage face in water (beginners) – non-swimmers to blow bubbles</li> <li>• 2 floats, f/c leg action</li> <li>• <b>Pupil demonstration of good leg kick</b></li> <li>• 1 float (may need woggle around middle</li> </ul>	<ul style="list-style-type: none"> <li>• Turn around and come down backwards</li> <li>• Hands to one side, roll onto tummy, turn and slowly lower.</li> <li>• Shoulders under water; blow out candles</li> <li>• Push from side with feet; assess leg kick – move children according to this.</li> <li>• Straight legs; continuous legs; chin on water; blow bubbles</li> <li>• Point toes; long legs; chin on water;</li> </ul>	

	<p>for extra support), f/c leg action</p> <ul style="list-style-type: none"> <li>• Repeat several times – encourage continuous leg action</li> <li>• Children to stand out on side of pool – practice paddle action with arms (non-swimmer/beginner) <b>Some children may be able to put face in water, therefore they can adopt arm over water action</b></li> <li>• Back in water, woggle under arms, paddle movement with arms – those who are more able, arm over water action with one arm, other holding float</li> <li>• Repeat several times, reinforcing teaching points.</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Revise the term ‘push and glide’</li> <li>• Using aids (if needed) push and glide to partner on front</li> </ul>	<p>stretch arms</p> <ul style="list-style-type: none"> <li>• Stretch and pull (paddle); arm over water (more confident swimmers)</li> <li>• Stretch and pull; chin on water; blow bubbles with mouth</li> <li>• Arm reaches over water; face in, eyes looking at floor; blow out through mouth and nose</li> <li>• Feet on wall; stretch arms in front; push with both feet to partner; face in water when push off from side if confident; if not, chin on water blowing bubbles</li> </ul>	
<ul style="list-style-type: none"> <li>• Revise back crawl leg action and introduce arm action (paddle under water)</li> <li>• Develop supine and prone floating (with aids)</li> </ul>	<p><b><u>Entry</u></b></p> <ul style="list-style-type: none"> <li>• Use steps or;</li> <li>• Slide in</li> </ul> <p><b><u>Introductory activity</u></b></p> <ul style="list-style-type: none"> <li>• Travelling in various ways across the pool – try and get children to get face wet, practice blowing bubbles etc</li> </ul> <p><b><u>Main theme</u></b></p> <ul style="list-style-type: none"> <li>• Children to swim 1 or 2 widths back</li> </ul>	<ul style="list-style-type: none"> <li>• Turn around and come down backwards</li> <li>• Hands to one side, roll onto tummy, turn and slowly lower.</li> <li>• Shoulders under; blowing out candles in the water; move around confidently.</li> <li>• Push from side with feet; assess leg kick – move children according to this.</li> </ul>	

	<p>crawl using aids.</p> <ul style="list-style-type: none"> <li>• 2 floats, b/c leg action</li> <li>• Repeat above practice, reinforcing teaching points</li> <li>• 1 float held on stomach or chest, b/c leg action</li> <li>• Repeat above practice, reinforcing teaching points</li> <li>• Demonstrate back paddle arm action (arms under water, wave to floor – known as sculling) – may need woggles for children who are less confident</li> <li>• Repeat above practice; try to get all children swimming without a woggle by end of session</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• On back, star float (woggle under around back if needed) – how long can they hold it for?</li> <li>• Keep practising – then turn on to front – encourage children to put face in water and blow out bubbles</li> </ul>	<ul style="list-style-type: none"> <li>• Kick up and down from hips; pointed toes</li> <li>• Relaxed floppy ankles; push hips to the surface.</li> <li>• Knees stay under surface; long legs; hips to the surface; wave to the floor</li> <li>• Relax and pillow the head back in the water; shoulders down and lie back gently; lift the feet; gently extend arms; maintain star shape</li> <li>• As above – but on front (woggle may be needed for floating around tummy)</li> </ul>	<p>Floats</p> <p>Woggles</p> <p>Woggles</p>
<ul style="list-style-type: none"> <li>• Revise breast stroke leg action</li> <li>• Gain confidence with breath control</li> </ul>	<p><b><u>Entry</u></b></p> <ul style="list-style-type: none"> <li>• Use steps or;</li> <li>• Slide in</li> </ul> <p><b><u>Introductory activity</u></b></p> <ul style="list-style-type: none"> <li>• Travelling in various ways across the pool – traffic light game – make up different movements for each colour</li> </ul>		

	<p><b><u>Main theme</u></b></p> <ul style="list-style-type: none"> <li>• Encourage 1 or 2 widths of breast stroke to see how much the children can remember.</li> <li>• Revise session 6 – progressive practices for breast stroke leg kick – starting on back so child can check leg kick, moving onto practices on front when more confident.</li> <li>• <b>Ensure lots of pupil demonstrations</b></li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Moving across pool, children to blow out bubbles in the water as they bob along.</li> <li>• As they become more confident, children to submerge fully, blowing bubbles at various points across the pool</li> <li>• Could introduce as a relay team</li> </ul>	<ul style="list-style-type: none"> <li>• Knees close together and brought to tummy; check feet turned out to kick; triangle shape with legs; glide between kicks (on back)</li> <li>• Push and glide first; heels to bottom; turn feet out; legs into triangle shape; close back together (on front)</li> <li>• Breath in before submerging</li> <li>• Blow out through mouth and nose</li> <li>• Eyes open when fully submerged</li> </ul>	<p>Woggles and floats</p>
<ul style="list-style-type: none"> <li>• Consolidate front crawl leg and arm action</li> <li>• Encourage solo movement</li> </ul>	<p><b><u>Entry</u></b></p> <ul style="list-style-type: none"> <li>• Use steps or;</li> <li>• Slide in</li> </ul> <p><b><u>Introductory activity</u></b></p> <ul style="list-style-type: none"> <li>• Travelling in various ways across the pool – traffic light game – make up different movements for each colour</li> </ul> <p><b><u>Main theme</u></b></p> <ul style="list-style-type: none"> <li>• Revise progressive practices for leg action, ensuring a push and glide is</li> </ul>	<ul style="list-style-type: none"> <li>• Long legs; kick from hips; pointed toes; continuous leg kick</li> </ul>	

	<p>shown before each practice</p> <ul style="list-style-type: none"> <li>• Add arm action too – paddle or full arm action for those children who are ready <b>standing in shallow water to begin</b></li> <li>• Children to then walk demonstrating above arm action – try putting face in too – if they need to breathe, lift head so chin stays on water</li> <li>• Push and glide, add a few arm cycles</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Encourage children to move without aids around swimming area – using the skills they have learnt in their swimming sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Thumb in first; elbow higher than hand; stretch before hand enters water</li> <li>• Make an ‘S’ shape under the water; sweep past hip; continuous action</li> <li>• Lean into stroke; continuous arm action; elbow out first</li> </ul>	
<ul style="list-style-type: none"> <li>• Consolidate back crawl leg action</li> <li>• Experiment with jumping in</li> </ul>	<p><b><u>Entry</u></b></p> <ul style="list-style-type: none"> <li>• Use steps or;</li> <li>• Slide in</li> </ul> <p><b><u>Introductory activity</u></b></p> <ul style="list-style-type: none"> <li>• Travelling in various ways across the pool – traffic light game – make up different movements for each colour</li> </ul> <p><b><u>Main theme</u></b></p> <ul style="list-style-type: none"> <li>• Revise progressive practices for leg action, ensuring a push and glide is shown before each practice</li> <li>• Add arm action too – paddle or full arm action for those children who are ready</li> <li>• Children to have 1 float on chest – single arm action to begin – change arm frequently</li> </ul>	<ul style="list-style-type: none"> <li>• Long legs; knees stay under surface; push hips to surface; small splash with toes</li> <li>• Little finger enters first; arm straight at entry; continuous arm action; brush past hips with the thumb</li> </ul>	

	<ul style="list-style-type: none"> <li>• Push and glide, add a few arm cycles</li> <li>• Increase distance using arms and legs</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Children to practise jumping in safely to water – they must jump forwards and out into the water</li> </ul>	<ul style="list-style-type: none"> <li>• Brush past ear with top of arm; thumb out first; shallow action</li> <li>• Keep the kick going; breathe regularly</li> </ul> <ul style="list-style-type: none"> <li>• Toes over edge of pool; head up, looking forward; bend knees before jumping; push through feet and ankles; enter water feet first</li> </ul>	
<ul style="list-style-type: none"> <li>• Develop travelling on front and back for a greater distance</li> <li>• Revise floating with and without aids</li> </ul>	<p><b><u>Entry</u></b></p> <ul style="list-style-type: none"> <li>• Use steps or;</li> <li>• Slide in</li> </ul> <p><b><u>Introductory activity</u></b></p> <ul style="list-style-type: none"> <li>• Travelling in various ways across the pool – traffic light game – make up different movements for each colour</li> </ul> <p><b><u>Main theme</u></b></p> <ul style="list-style-type: none"> <li>• Revise all strokes from previous sessions, increasing the distance travelled (could start from top of pool and swim to rope) – using aids if necessary although some children may not need them.</li> <li>• Reinforce all teaching points from throughout the unit</li> </ul> <p><b><u>Contrasting activity</u></b></p> <ul style="list-style-type: none"> <li>• Practice star floats on front and back – using aids and then progressing to no aids – can the children hold their floats for 3-5 seconds?</li> </ul>	<ul style="list-style-type: none"> <li>• When face is in the water, make sure bubbles are blown out through mouth and nose</li> </ul>	