

Scheme of Work – Stage 5 (Advanced 1)

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

Experience/ability:

Children will have achieved stage 4 and be water confident, all will be able to swim without aids. Children will have grasped the 4 swimming strokes and be working on developing their techniques further, including other swimming skills.

Objectives:

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

<u>Stage 5 (Advanced 1)</u>
• Perform a horizontal stationary scull on back
• Perform a feet first sculling action for 5 metres whilst horizontal on the back
• Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
• Tread water for 30 seconds (different methods to be used – flutter, egg beater, and breaststroke. Out of swimmers depth)
• Perform 3 different shaped jumps into water
• Swim 10 metres backstroke (in accordance to ASA stroke standards)
• Swim 10 metres front crawl with face in (in accordance to ASA stroke standards)
• Swim 10 metres breaststroke (in accordance to ASA stroke standards)
• Swim 10 metres butterfly (in accordance to ASA stroke standards)
• Perform a handstand and hold for a minimum of 3 seconds (vertical hang acceptable)
• Perform a forward somersault, tucked
• Demonstrate an action for getting help

