

## Scheme of Work – Stage 6 (Advanced 2)

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

### Experience/ability:

Children will have achieved stage 5 and be water confident, all will be able to swim without aids. Children will have grasped the 4 swimming strokes very well and be working on developing their techniques further with advanced practices, including other swimming skills.

### Objectives:

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

<u>Stage 6 (Advanced 2)</u>
• Demonstrate an understanding of preparation for exercise
• Sink, push off on side from wall, glide, kick and rotate into backstroke
• Sink, push off on side from wall, glide, kick and rotate into front crawl
• Swim 10 metres with clothes on
• Swim front crawl to include 6 rhythmical breaths (in accordance to ASA stroke standards)
• Swim breaststroke to include 6 rhythmical breaths (in accordance to ASA stroke standards)
• Swim butterfly to include 3 rhythmical breaths (in accordance to ASA stroke standards)
• Swim 25 metres, choice of stroke optional (in accordance to ASA stroke standards)
• Perform a 'shout and signal' rescue
• Perform a surface dive (head/feet first)
• Exit water without using steps

