

**Medium Term Learning Plan**

Year/Group: KS3/ 4

 Course: **Swimming**

About the unit	Assessment Focus
<p>During the unit, the pupils will demonstrate their knowledge of how to find a safe position around the pool to safely enter the water; and to leave the pool safely at the end of the session. They will have the confidence to submerge their face under the water. The pupils will learn to float on their front and back and regain an upright position in the water. They will also be able to swim for 5m with the use of floats on their front and back.</p>	<p>NC levels/ Exam specification            Beginners levels: 1-3            Skill Builders levels: 3-5            Advanced levels: 5-8</p>
Key Content to be covered	Expected Learning Outcomes
<ul style="list-style-type: none"> <li>• To be able to look for a ‘safe’ area to enter and leave the pool.</li> <li>• To develop confidence in water safety by submerging the whole head under the water.</li> <li>• To be able to regain a vertical position, either to standing or treading water, from the front or back, whilst floating.</li> <li>• To be able to regain a vertical position, either to standing or treading water, from the front or back, whilst swimming.</li> <li>• To swim 5m with floats on the front or back.</li> <li>• To swim 5m without floats on the front or back.</li> </ul>	<p>By the end of this scheme students will be able to:</p> <ul style="list-style-type: none"> <li>• enter the water safely</li> <li>• submerge nose and mouth under the water</li> <li>• regain a vertical position from the front</li> <li>• regain a vertical position from the back</li> <li>• swim five metres on the front using floats</li> <li>• float five metres on the back using floats</li> <li>• leave the pool safely</li> </ul>
Key Skills to be developed	Key Assessment Points (evidence)
<ul style="list-style-type: none"> <li>• Be able to look for a safe place to enter the water away from other swimmers in any depth of water.</li> <li>• Swim with their face under the water with open eyes so that know where they are heading.</li> <li>• Swim on their front and then tread water anywhere in the pool.</li> </ul>	<p><b>Assessment Grids completed by both pupils and staff.</b></p>

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<ul style="list-style-type: none"> <li>• Swim on their back and then tread water anywhere in the pool.</li> <li>• Swim at least 5 metres on the front without a float.</li> <li>• Swim at least 5 metres on the back without a float.</li> <li>• Get out of the pool safely from anywhere in the pool.</li> </ul>	
<p><b>Language for Learning</b></p>	<p><b>Links to EBD/ personal, social and emotional needs</b></p>
<p>Pool side safety. Submerge the face in the water. Floating. Vertical and Horizontal. Use of floats to aid swimming position.</p>	<p>L1 - Is attentive and has an interest in school work. L4 - Works efficiently in a group/team. C3 - Only interrupts and seeks attention appropriately. C4 - Is physically and verbally peaceable. C5 - Respects property/equipment. E5 - Is emotionally stable and shows self-control.</p>

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Session	Learning Objectives	Content to be covered	Suggested Pedagogy/Teaching Activities	Learning Outcomes (Assessment/ Level descriptors for this lesson)
1	Enter the water safely.	<p>Hazards at a swimming pool.</p> <p>Ability to enter the water safely by lowering the body in or, by using steps/ladder.</p> <p>Leaving the pool safely.</p>	<p>Pupils are to change in cubicles that are provided in the 'family changing area' at one of the Link4Life sports centres. This is due to there being mixed classes and staff not being able to supervise in boy/girl changing rooms. Once changed they are to wait in the changing room and not to go to the pool on their own.</p> <p>Discussion – sit the pupils down on the benches provided. Ask them to point out hazards around the area. E.g. the water, seating, hoist, lifeguard's chair and slipping floor. How do the pupils overcome these</p>	<p>Demonstration of looking for a safe place to enter the water, away from other swimmers and at safe depth of water.</p> <p>Demonstrating safe use of steps/ladder to enter the water.</p> <p>Demonstrates ability to lower their body into the pool from a sitting position.</p>

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			<p>hazards? Walk and not run. Find a safe place to get in.</p> <p>Safe Place – use the steps or ladder to enter the water. Or, sit on the side with feet in the water, away from other swimmers and lower themselves into the water, at a depth that is at waist height.</p> <p>Task – ask the pupils to enter the water one at a time and to line up at the shallow end of the pool. Once all of the pupils are in the right place tell them that they are going to show what they can do. No pupil is to go past the sign (non-swimmers stay behind this sign).</p> <p>Assess – who can submerge their face; who can float on their front; who can float on their back; and if any pupil can swim 5m. This will help work out which pupils are</p>	
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			<p>going to the deep end and who needs to stay behind the sign.</p> <p>Game – Pick the weight up. Each pupil lines up in the shallow end. Staff throw in a weight and let it sink to the bottom. Then say 'go'. First pupil to pick it up is the winner.</p> <p>Rules: pupils are to <u>walk</u> and not swim to the weight. Only use feet to pick it up and transfer it to their hand. Repeat several times.</p> <p>Recap the hazard of running. Make sure the pupils use the steps to get out of the pool and go straight to the cubicles. Or they can find a safe place at the side of the pool and push themselves up to climb out.</p>	
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<p><b>2</b></p>	<p><b>Submerge nose and mouth under the water.</b></p>	<p>Building confidence in the pupils by introducing submerging their mouth and nose under the water in a gradual way.</p> <p>To play a game with the whole head submerged.</p>	<p>Changing in the cubicles.</p> <p>Enter the poolside and sit the pupils down.</p> <p>Discussion – explain to the pupils that they are going to play a game of tag to warm up and then stretch. They will then do a task and finally play a game. Recap entering the water safely and tell the pupils to get in the water and line up in the shallow end. Allow pupils to find a safe place to enter the pool, sit on the side and lower themselves in. This stops queueing at the steps.</p> <p>Warm Up Game – Tag. Staying upright at all times, one pupil is on. His or her aim is to tag every pupil who then have to stand still. A free pupil tapping them on the back can only release them. As the game progresses, add more pupils to help</p>	<p>Pupils can submerge their nose and mouth into the water, with their eyes above the water as a minimum.</p> <p>Pupils that are more confident will be able to engage fully in the game by submerging the whole of the head in the water.</p>
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			<p>the original tagger. When the pupils are all warm focus stretches on arms and legs.</p> <p>Task 1 – Spread the pupils out in the shallow end. Ask them to bend their knees and lower themselves into the water until their mouth and nose are covered with water but, their eyes are above it. They are to take a breath before doing this. Get them to count to 10 and then stand up.</p> <p>Task 2 – Ask the pupils to lean forward and put their face in the water as though they are looking for something on the bottom. Count to ten and then stand up. Pupils with goggles may find this easier because some pupils don't like to keep their eyes open.</p>	
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			<p>Task 3 – Ask the pupils to bend their knees and submerge their whole head under the water. Count to ten and then stand up.</p> <p>Game – Ask the pupils to get into pairs, to find a space in the shallow end and face each other. Explain that they are both going to submerge their heads under the water. One pupil will hold up some fingers. The other pupil will then hold up their fingers to match their partner. They will then bring their heads out of the water to breath. Take turns completing the game four times each. This game encourages pupils to keep their eyes open under the water.</p> <p>Ask the pupils if anyone feels uncomfortable keeping their eyes open? Suggest goggles. Are they</p>	
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			<p>feeling more confident about putting their heads under the water? Explain that when they swim on their front, they will have their faces in the water and turn their heads to breath.</p> <p>Warm down by doing aerobics style stretches. Get out and go back to the cubicles to change.</p>	
3	<p>Regain a vertical position from the front.</p>	<p>To move from a standing to floating position on the front in the water.</p> <p>To regain a standing position from floating.</p> <p>To use the floor of the pool to push off and glide in a floating position in the water.</p>	<p>Change in the cubicles and then move as a class to the seating area on the side of the pool.</p> <p>Discussion related to recapping the previous session. Pupils to explain the importance of taking a breath before putting their face/head in the water. Explain that they are going to do a few task that will build up to pushing and gliding from the side of the pool. Let the pupils know that there are floats available</p>	<p>Pupils able to move from standing into a floating position on their front, with or without a float.</p> <p>Progress to gliding in a floating position.</p> <p>Ability to come back to standing from a floating position on their front (with or without a float).</p>

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			<p>and show how to hold them. With the front of the float pointing away from you, fold your fingers of both hands over the front and your forearms resting on the float.</p> <p>Those pupils who don't wish to use a float aid should glide with both arms straight out in front, hands side by side and arms resting on the surface of the pool.</p> <p>Warm-up and Stretches – get the pupils to enter the water safely and to spread out but, not in the way of other people. Complete an aerobics style activity and stretches to warm the pupils up.</p> <p>Task 1 – On the side of the pool, demonstrate floating position either by standing straight, looking upwards and with the arms and float above the head. Alternatively,</p>	
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			<p>use a bench to lay down on your front. Get the pupils to try to move from a standing position to floating and hold the position for at least 10 seconds. Then return to standing. Those that can swim a short distance can move to a position where they can tread water.</p> <p>Task 2 – Stand, push and glide. Ask the pupils to try pushing off the bottom of the pool, reach with their arms and float and to glide forwards for 3m. Then, where they stop, to return to standing.</p> <p>Task 3 – On the side, demonstrate holding the side of the pool with feet on the wall. One arm holding the float in front and in the direction of swim. Push off, join arms and glide. Allow the pupils to practice</p>	
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			<p>but tell them to be aware of other people.</p> <p>Challenge – Line the pupils up next to the wall in the shallow end. One at a time they are going to push off the wall, move into a float position and glide as far as they can. No cheating by using their legs. When they stop they are to regain a standing position and stay where they are. The winner is the one who travels the furthest. The pupils may wish to do this several times to try and win.</p> <p>Warm down and remind the pupils to find a safe place to get out of the pool. Return to the cubicles to change.</p>	
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<p><b>4</b></p>	<p><b>Regain a vertical position from the back.</b></p>	<p>How to hold the float whilst floating on their backs.</p> <p>Hip and leg position to aid buoyancy.</p> <p>Push and Glide whilst holding a float.</p> <p>Regaining a vertical position to either standing or tread water.</p>	<p>Change the cubicles then all pupils to sit on the benches in the pool area.</p> <p>Discussion related to skills learned in previous lesson including floating on their front and how to hold the float.</p> <p>Explanation of the skill to be learned. Floating on their back and holding the edge of the pool to push off whilst holding a float. All pupils then enter the pool safely either by using the steps or sitting and lowering in from the side.</p> <p>Warm up with aerobics and then stretches focusing on legs arms and back.</p> <p>Demonstration – using a bench so that all pupils can see. Show how to hold the float on the chest with</p>	<p>Body shape in the water whilst floating.</p> <p>Hips forward to aid buoyancy.</p> <p>Peer Assessment to aid learning.</p> <p>Self-Assessment of safe area in the pool.</p> <p>Grip and hold at the edge of the pool.</p> <p>Push and glide.</p> <p>Regaining a vertical position to either standing or treading water.</p>
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			<p>arms crossed. Lie down and emphasize the hips being up with a slight arch of the back. Explain that if the hips are not in that position then the body will sink. Legs can be should width apart or as part of a star shape to aid buoyancy.</p> <p>Practice 1 – Let the pupils practice in pairs. One the pair is to give advice to help the other learn to ‘feel’ the body position. They are to assess their surroundings so as not to collide with another pupil/person. Pupils are to regain a standing position after floating and then swap roles.</p> <p>Practice 2 – Again in pairs, one watching for safety of people around them. From standing push off the bottom of the pool to gain a moving floating position. Hold this</p>	
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			<p>position for 10 seconds then bring the feet down to regain an upright position.</p> <p>Demonstration – explain to the pupils that they are going to practice pushing away from the side on their backs and floating. Sit on the floor with knees bent and feet pointing upwards as though holding the side of the pool. Explain that one hand holds the float against the chest and the other hand holds the side of the pool. As they push off, the free hand then holds the float.</p> <p>Practice 3 – In pairs, one pupil practices pushing off from the side. The other pupils stand 5m away to stop their partner colliding with someone else. 5 attempts then sway over.</p>	
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			<p>Game – Form a queue in a corner of the shallow end. One at a time the pupils push off from the edge and then glide (without using legs) as far as they can. They then regain a standing position and stay there. Then the next pupil tries. The winner is the one who glides the furthest. Repeat several times. Watch for other people in the pool.</p> <p>Warm down and then return to the changing area.</p>	
5	Swim five metres on the front using floats.	<p>Swimming over five metres on the front.</p> <p>Leg action whilst swimming.</p>	<p>Change in the cubicles and then sit on the benches at the side of the pool.</p> <p>Discussion – recap with the pupils explaining, how they floated on their front and back; and how they held the side and float for both before pushing away.</p>	<p>Float out to the front.</p> <p>Face in the water turning head to breathe.</p> <p>Legs moving from the hip and not the knee.</p> <p>Peer Assessment of leg action when swimming.</p>

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			<p>Explanation of lesson – The pupils are to practice both skills to warm up. Firstly, in a safe space in the water and then secondly, pushing away from the side.</p> <p>Demonstration – Standing on the side of the pool, hold the float above head with straight arms. Explain that they are going to practice pushing off from the bottom, gaining a floating position on their fronts and then use their legs to swim. Show them how to move their legs from the hip. Explain and show them that they are not to bend their knees as this will slow their movements down and use too much effort.</p> <p>Practice 1 – In pairs, find a safe place in the pool. Practice pushing off from the bottom, floating and</p>	<p>Ability to swim to a minimum of 5m.</p>
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			<p>then using the legs. Partner to watch leg movement and give advice where possible.</p> <p>Practice 2 – Move to the edge of the pool and practice pushing off into the floating position and then swimming. Partner to watch to avoid other swimmers.</p> <p>Assessment – Line the pupils up along the end of the pool. Stand 5m away along the side of the pool. One at a time the pupils are to hold the side correctly, push off into a floating position and then swim until then have passed you on the side. They may require a few attempts. They are then to regain a standing position or can tread water. NB, remember to praise all the pupils who could not swim</p>	
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			<p>before. Certificates could be made for this achievement.</p> <p>Warm down by playing a game of tag where the pupils can no swim in order to get away from 'it'.</p> <p>Climb out of the pool at a safe place and return to the changing room.</p>	
<b>6</b>	<b>Float five metres on the back using floats.</b>	<p>Recap floating on their backs and regaining a standing position.</p> <p>Push and glide from the side (recap)</p> <p>Using legs when swimming.</p> <p>Swim/float 5m on their backs.</p>	<p>Change in the cubicles and then sit on the benches at the edge of the pool.</p> <p>Discussion related to what they have learned over the course. Pupils to remember safety point related to getting in and out of the pool, action of float on the front/back, returning to a vertical position, pushing from the front/back from the edge of the pool.</p>	<p>Peer Assessment of leg action.</p> <p>Strong push from the side of the pool to float 5m.</p> <p>Arch of back to achieve floating position.</p> <p>Strong push from the side of the pool to swim 5m.</p> <p>Safe entrance and exit from the water.</p>

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			<p>Explanation of the lesson – tell the pupils that they are going to warm up by play tag, then practice floating on their backs. They will progress to swimming on their backs in pairs and then pushing off from the side to glide whilst floating. They will then try to swim from a push.</p> <p>Enter the pool at a safe place.</p> <p>Warm-up – Tag with one pupil being 'it'. If caught the pupils have to stand still until released by a team mate. They can swim on their front with a float in order to get away.</p> <p>Stretches related to arms, legs and back.</p> <p>Practice 1 – Find a safe place in 2s and practice moving over the bottom onto their backs and</p>	
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			<p>floating using a float. Partner watches for other swimmers.</p> <p>Demonstrate Leg action on the side to remind the pupils to move from the hip and not their knees.</p> <p>Practice 2 – In pairs with partner watching and advising on leg movement. Push off from the bottom of the pool onto their backs using the float to aid buoyancy, then use the legs to swim a short distance before returning to a vertical position.</p> <p>Practice 3 – Recap hold and pushing from the side of the pool. Pupils are again in pairs, one standing approx. 5m behind their partner to watch for safety and other swimmers. Swimmer holds the side with one hand, feet on the wall and the other hand holding the float. Push off the</p>	
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			<p>wall as hard as they can arching their back to float and glide to their partner. Regain vertical position in the water. Repeat 5 times and then swap.</p> <p>Practice 4 – As above but including swimming to their partner.</p> <p>Assessment 1 – Line the pupils up in the shallow end. Stand 5m away on the side of the pool. One at time the pupils are to hold the side, push off, achieve a floating position and glide 5m. Key Point is a strong push with the legs and quickly achieving the floating position. Once they have past you they are to regain a vertical position before moving to join the queue. They may need to attempt this more than once to achieve the 5m.</p>	
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			<p>Assessment 2 – as above but allow the pupils to swim the 5m.</p> <p>Warm down and then watch as the pupils exit the pool safely. Return to the changing room.</p>	
<b>7</b>	Leave the pool safely.		This session was joined with the first one because the pupils have to get out of the pool at the end of the lesson.	
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<b>9</b>				
<b>10</b>				
<b>11</b>				