

Year 2 Swimming at Chestnuts



Shark group Autumn 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Recap safety I am learning to Sink and push away from the wall maintaining a streamline position Give two examples of how to prepare for exercise and understand why it is important.	I am learning to Sink and push away from the wall maintaining a streamline position	I am learning to Sink, push and glide maintaining a streamline position while collecting a sinker	I am learning to Sink, push and glide maintaining a streamline position while collecting a sinker	I am learning to swim 10m front crawl	I am learning to swim 10m front crawl	Assessment week + Fun swim water volley

Autumn 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Recap Safety I am learning to swim 10m using training technique arms	I am learning to swim 10m using training technique arms	I am learning to swim using front crawl and demonstrate a steady rate of breathing	I am learning to swim using front crawl and demonstrate a steady rate of breathing	I am learning to sink an push away traveling through 3 hoops	I am learning to sink an push away traveling through 3 hoops	Assessment week + fun swim- sinker and hoops game- 2 teams

Spring 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Recap safety I am learning to travel through three hoops and collect 3 sinkers Give two examples of how to prepare for exercise and understand why it is important.	I am learning to travel through three hoops and collect 3 sinkers	I am learning to swim 10m using a back stroke	I am learning to swim 10m using a back stroke	I am learning to swim 10m on a back stroke using training technique arms	I am learning to swim 10m on a back stroke using training technique arms	

Spring 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Recap safety Recap swimming through hoops collecting sinkers	I am learning to swim 10m on a back stroke using training technique arms	I am learning to push and glide on back 5m	I am learning to push and glide on back 5m	I am learning to increase pace when swimming backstroke using technique arms	Assessment week + Fun swim Call outs sinkers game	

Summer 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	

Recap safety Recap 10m backstroke using arms technique Give two examples of how to prepare for exercise and understand why it is important.	Recap front crawl 10m	I am learning to swim smoothly transition between front crawl and backstroke swimming 10 m without touching the floor	I am learning to swim smoothly transition between front crawl and backstroke swimming 10 m without touching the floor	I am learning to swim smoothly transition between front crawl and backstroke swimming 10 m without touching the floor	Assessment week for Shark level 2 certificate + Fun swim Call outs with sinkers
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Summer 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Recap safety Recap smooth transition between front crawl and backstroke swimming 10 m without touching the floor	I am learning how to swim 10m wearing clothing I can use clothing to help me float Demonstrate an action for getting help.	Ongoing assessments for remaining children + I am learning to tread water for 30 seconds	Ongoing assessments for remaining children + I am learning how to perform sculling	Ongoing assessments for remaining children + I am learning to perform a log roll	Fun swim + health and safety around water (holiday swimmings pools, lakes, ponds etc) Recap action for getting help.