

Curriculum

Policy

for

Swimming

Rationale

- All pupils are given the opportunity to participate in the sport of swimming. To acquire skills and understanding appropriate to their level of ability and to respond to a variety of challenges.
- They learn the importance of practising to improve their performance. We measure their progress through the development of skill and speed.
- They are given the opportunity to watch, describe and copy what they and others have done. They discover their own strengths and weaknesses when taking part in different activities such as speed swimming, water polo, lifesaving, synchronised swimming and diving.

Aim

To enable pupils to:-

- Swim Butterfly, Backstroke, Breaststroke and Front Crawl
- Know and understand the rules governing each stroke in competitive swimming
- Efficient starts and turns for competitive swimming

- Develop Personal Survival Skills
- Learn the Water Safety Code

- Take part in Mini Water polo
- Experience Synchronised Swimming

Objectives

At the end of the Foundation stage pupils will be expected to:

- Have achieved the St Piran's Swimming Awards designed for younger children

At the end of KS 1 pupils will be expected to:

- Have achieved Level 3 of the St. Piran's Swimming Awards

At the end of Year 4 pupils will be expected to:

- Have achieved Level 5 of the St. Piran's Swimming Awards
- Have achieved the ASA Personal Survival Level 1 or part thereof.
- Be able to perform a racing dive
- Be able to take part in a swimming gala

At the end of KS 2 pupils will be expected to:

- Have achieved Level 5 of the St. Piran's Swimming Awards.
- Have achieved the ASA Personal Survival Level 1 or Level 2.
- Have a good understanding of water safety and how to help in case of an emergency
- Be able to perform a racing dive & for some children to have reached the ASA competitive start award
- Be able to take part in a swimming gala
- Be able to participate in a Mini Water Polo match

Assessment, Marking and Recording

- Pupils are continually assessed as they work through the schemes of work for the St. Piran's Swimming Awards. Certificates are presented when all aspects of each award have been achieved.

Curriculum allocation

- 1 x 40 minute lesson per week
- For members of the swimming team an additional 30 minute session each week
- For team members who are selected to prepare for the IAPS Swimming competition an additional 40 minute session each week on non-gala days.

Particular links with other curriculum areas

- Water safety is taught in conjunction with PSE
- When necessary experimentation in water is used to demonstrate particular topics covered in science and art.

Differentiation and Special Needs

- Lower school and Middle School classes are taught in 3 separate ability groups.
- Upper School classes in 2 ability groups.
- Children on the Learning Support register are highlighted on the register and details of their particular needs kept in the back of the folders for each group.
- A gap year student may also help if there is a particular individual need for a child.

Health and Safety

- The Pool Safety Operating Procedures are contained in a separate document.
- Teachers are provided with lifesaving and first aid training on a monthly or termly basis as required.

Resources

- Floats, Woggles, Armbands, Backfloats
- Flippers
- Balls, Water polo goals. Water polo hats,
- Nursery toys – egg flips, squirty fish etc
- Surfboards
- Hoops and sinking rings
- Junior & senior diving bricks
- Diving blocks
- Pace clock.

Pool safety equipment

- Lane ropes
- Torpedo buoy x 3
- Throw ropes x 3
- Reach poles – variety in 2 places, deep end and half way down (changing room side)
- First Aid Kit

Lifesaving practice equipment

- Rescue manikin
- Resuscitation manikin – baby, child and adult