

# LOCKS HEATH SCHOOL SWIMMING

## Syllabus Bank

<b>Strokes</b>	Developing technique appropriate to ability following BLABT (body/legs/arms/breathing/technique)
Front Paddle	With and without floatation aids
Back Paddle	With and without floatation aids
Front Crawl	Basic to advanced
Back Stroke	Basic to advanced
Butterfly	Basic to advanced
Breaststroke	Basic to advanced

<b>Skills</b>	Introduce and develop skills to improve water confidence
Entering & exiting water	Supervised & unsupervised, to include feet first jumps in various shapes
Free movement	Walk, hop, bounce...
Floatation	With and without floating aids, prone and supine
Rotation	Vertical rotation, regain standing, forward and backward somersaults, hand stands, combinations
Underwater swimming	Through large hoops and to retrieve objects
Surface dives	Head and feet first
Treading water	To include hand(s) in air, waving, on head
Sculling	Head and feet first
Distance swims	To build stamina and spacial awareness in lane
Pace clock	Basic understanding of go times
Stroke combinations	Co-ordination

<b>Water Safety</b>	Teach basic skills focusing on Safe Self Rescue
Dangers of water	Identify hazards found in different bodies of water
Float to Survive	In conjunction with material produced by RLSS (National Drown Prevention Week)
Water Safety Week	To highlight dangers and how to use skills acquired
Water based situations	Based on skills learnt ie treading water, sculling. Acting out scenarios.

<b>Fun and Games</b>	Learning and building confidence through play. Individual and team.
Simon says	
Knock out	
Shark	
North, East, South, West	
Raft races	
Relays	
Races	
Polo	
Team games	
Walk The Plank	
Stuck in the mud	
Free play	

<b>Safety and Hygiene</b>	Educating and enforcing basic pool rules.
Swimming pool rules	NO running, hold side when not swimming, listen to swim instructor. Explain why.
Orientation	Deep end, fire door. Any hazards.
Hygiene	Swimming hats, use toilet and shower before lesson
Remind	All explained during first lesson & regularly reminded