

Swimming – Seniors (Key Stages 3 & 4) Long Term Plan (plan is a rolling 4-year one)

Year	Term 1	Term 2	Term 3
2019-2020	<p>AQUA FIT/SUBMERGING. SCUBA DIVING. Evacuation procedures. Benefits of swimming. Breathing techniques, scuba diving session, swimming under water, through hoops. Learning aqua fit routine.</p>	<p>STROKING FOR SUCCESS AND STAMINA. Distance and speed races. Tests/stroke improvement. Back stroke, breast stroke, front crawl skills.</p>	<p>SWIMMING FUN AND GAMES/ SWIMMING GALA/SCUBA DIVING. Water polo skills/games/team work, adapting skills to game situations.</p>
2020-2021	<p>WATER SAFETY/WATER CIRCUITS – Fitness and health. Benefits of swimming, create a water circuit, push and glide.</p>	<p>SUBMERGING AND FLOATING. Breathing techniques/submerging for objects/different ways of floating.</p>	<p>SWIMMING ACTIVITIES/WATERPOLO/SCUBA DIVING. Throwing and catching/adapting skill to game situations.</p>
2021-2022	<p>WATER SAFETY SKILLS. Developing basic rescue skills in the water. Swimming for speed, rescuing and carrying different objects.  Swimming in deeper water at Dee Banks School.</p>	<p>SWIMMING FOR DISTANCE AND SPEED/SCUBA DIVING. Developing techniques to help pace and speed ready for a swimming gala.  Swimming in deeper water at Dee Banks School.</p>	<p>AQUA FIT/WATER GAMES/GALA/SCUBA DIVING. Relay races/PB scores for speed and distance races/competing/understanding why swimming is good for us. Creating and performing a dance/fitness routine in the water using equipment.  Swimming in deeper water at Dee Banks School.</p>
2022-2023	<p>WATER SAFETY and FLOATING Evacuation procedures, What to do in an emergency. Learning different rescue techniques, sculling, different floating techniques.</p>	<p>SWIMMING SKILLS/STROKING FOR SUCCESS Back stroke, breast stroke, front crawl skills.  Increasing swimming stamina.</p>	<p>SWIMMING FUN AND GAMES/SWIMMING GALA/SCUBA DIVING. Water polo, water games, relay races.  Increasing swimming speed (timed swims).</p>