

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
YEAR 5/6 A	Learn Pool rules, safe entry and exit. Be comfortable to move freely around the pool. Supported floating. Proficient leg kicking	Gain confidence to put face in water. Blowing bubbles. Floating unaided on front and back. Gain movement without aids. Log rolls	X	X	X	X
YEAR 5/6 B	Push and gliding on both front and back. Streamlining position. Fully submerge under the water	Proficient leg kicks for all 4 strokes. Basic understanding of arm actions for the strokes	X	X	X	X
YEAR 7/8 A	Proficient technique for all strokes	Correct breathing for all strokes including bi-lateral breathing for front crawl	X	X	X	X
YEAR 7/8 B	Correct starts for all strokes (in water), Somersaults both front and back	Personal survival, treading water, heat retention exercises. Calling for help. Swimming in clothing	X	X	X	X
YEAR 9	Sculling techniques. Different trading water techniques	Life saving skills, reach rescues, towing	X	X	X	X

Curriculum Medium Term Plan  
Swimming