

# Year 1 Swimming at Chestnuts



Starfish

## Autumn 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
I am learning about safety in the pool and around the pool I am learning to submerge face underwater holding on to the side	I am practicing submerging my face under water I am learning to float holding the bar	I am practicing submerging my face under water I am learning to float holding the bar	I am learning to kick holding a float	I am learning to kick holding a float	I am learning to use the correct arm action (Walking across the pool)	<b>Fun swim</b> Teams collecting sinkers- children practice submerging face to collect items.

## Autumn 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Recap safety I am learning to use the correct arm action (Walking across the pool)	I am learning learning to use arm action while kicking legs	I am learning learning to use arm action while kicking legs	I am learning to float on my back while holding the bar with feet and holding a float to chest	I am learning to float on my back while holding the bar with feet and holding a float to chest and practice arm action	Assessment week I can travel 5m with a float on my front	<b>Fun swim</b> <b>Water volley</b>

### Spring 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Recap safety I am learning to correctly hold a float in the water and use front crawl arm action	I am learning to correctly hold a float in the water and use front crawl arm action	I am learning types of 'float' for example mushroom float, star float and pencil float	I am learning types of 'float' for example mushroom float, star float and pencil float	I am learning to push and glide I can use a float to support me in my push and glide.	I am learning to push and glide I can use a float to support me in my push and glide. + Fun swim

### Spring 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Recap safety Revisit push and glide with a float. I am learning to push and glide independently without a float	I am learning how to front crawl without a float	I am learning to front crawl focus on correct arm action	I am learning to front crawl with correct leg action	I am learning to float on my back with a float	I am learning to float on my back with kicking action and a float

### Summer 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Recap safety I am learning to float on my back with a float and use leg and arm action to move through the water.	I am learning to push and glide on my back with a float	I am learning to push and glide on my back with a float	I can travel 5m on my back with a float	I can travel 5m on my back with a float	Assessment Week Independent backstroke without a float <b>Fun swim</b> <b>Water polo</b>

## Summer 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Recap safety I am learning to travel 5m on my back without a float	I am learning to travel 5m on my front without a float	I am learning sink push and glide	I am learning sink push and glide	Recap floats Children to sequence floats- two or three in a row without touching the floor	Recap individual targets and complete final assessments statements for each child	Recap individual targets and complete final assessments statements for each child + Certificates