

Weeks	Lesson Overview	Non-swimmers	Beginners	Improver	Advanced	
		Bucks 1 - 3	Bucks 3 - 4	Bucks 4 - 6	Bucks 5 - 7	
1	CAS	Assessment Lesson (please follow the plan provided and group pupils accordingly)	Assessment Lesson (please follow the plan provided and group pupils accordingly)	Assessment Lesson (please follow the plan provided and group pupils accordingly)	Assessment Lesson (please follow the plan provided and group pupils accordingly)	
	Main Activity					
	Contrast					
	Water Safety					
	Plenary					
Supporting Links	Swim England - Best Practice (Holds in the Water)					
	Swim England - Best Practice (Body Language)					
	Swim England - Best Practice (Appropriate Clothing)					
2	CAS	Entries and exits	Entries and exits	Entries and Exits	Entries and Exits	
	Main Activity	Frontcrawl	Frontcrawl	Backstroke	Breaststroke	
	Contrast	Water Safety - Floating	Captain's Coming	Captain's Coming	Survival Strokes	
	Water Safety	Float to Live	Float 2 Live	Flag Game	Entries and Exits	
	Plenary	Pool Rules	Pool Rules	Pool Rules	Exit Ticket	
	Supporting Links	RNLI Float to Live				
		Mushroom Float Video				
		Pencil Float Video				
		HELP Position Video				
		HUDDLE Video				
3	CAS	Travel and Coordination	Aquatic Breathing	Streamlining	Travel and Coordination	
	Main Activity	Frontcrawl	Frontcrawl	Frontcrawl	Breaststroke	
	Contrast	Floating (aided and unaided)	Hungry Hippos	Dolphin Kick	Tumble Turns	
	Water Safety	Simon Says	Floating Letters	Simon Says (HELP and HUDDLE)	Towing Games	
	Plenary	Q&A - How have yo moved today?	Key Term Description	Q&A - Kinaesthetic Awareness	Charades	
	Supporting Links	Captain's Coming				
		How to swim dolphin kick				
		Somersault				
		Tumble Turns				
	4	CAS	Travel and Coordination	Aquatic Breathing	Streamlining	Travel and Coordination
Main Activity		Frontcrawl	Frontcrawl	Frontcrawl	Breaststroke	
Contrast		Floating (aided and unaided)	Hungry Hippos	Dolphin Kick	Tumble Turns	
Water Safety		Simon Says	Floating Letters	Simon Says (HELP and HUDDLE)	Towing Games	
Plenary		Q&A - How have yo moved today?	Key Term Description	Q&A - Kinaesthetic Awareness	Charades	
Supporting Links		Captain's Coming				
		How to swim dolphin kick				
5	CAS	Buoyancy and Balance	Buoyancy and Balance	Travel and Coordination	Water Safety #1	
	Main Activity	Frontcrawl	Backstroke	Breaststroke	BSSP Assessment Outcomes and Rookie Lifeguard Bronze Challenges	
	Contrast	Wet Gymnastics	Wet Gymnastics	Wet Gymnastics	Wet Gymnastics	
	Water Safety	Cold Water Shock	Simon Says	Treading Water	Scenarios (discussion based)	
	Plenary	Q&A - How would you describe how to float?	Q&A - Regaining Standing	Bodies of Water	Q&A - Water Safety	
	Supporting Links	What to do (Cold Water Shock)				
		How to do an egg beater kick				
6	CAS	Aquatic Breathing	Rotation and Orientation	Aquatic breathing	Rotation and Orientation	
	Main Activity	Frontcrawl	Breaststroke	Breaststroke	Backstroke	
	Contrast	Wet Gymnastics	Wet Gymnastics	Wet Gymnastics	Wet Gymnastics	
	Water Safety	HELP and HUDDLE	Egg beater kick	Floating and Submersion	Submersion and sinkers	
	Plenary	Exit Ticket	Charades	Treading Water	Charades	
	Supporting Links	HELP Position Video				
		HUDDLE Video				
Backstroke Turn						
7	CAS	Water Safety #1	Water Safety #1	Water Safety #1	Water Safety #2	
	Main Activity	Self-Rescue	Personal Survival Scenario	Personal Survival Scenario	Bronze Rookie Lifeguard	
	Contrast	Floating	Water polo	Captain's Coming	Butterfly Stroke	
	Water Safety	Simon Says	Spot the Dangers	Deep Water Safety	HELP and HUDDLE	
	Plenary	Spot the Dangers	Q&A - Bodies of Water	Straddle entries and exits	Q&A - Water Safety	
	Supporting Links	Spot the Dangers				
		RNLI Youth Education Activity Posters				
		The stages of the Rookie Lifeguard programme				
		VWSC - Life Saving Backstroke				
	8	CAS	Water Safety #2	Water Safety #2	Water Safety #2	Water Safety #3
Main Activity		Personal Survival Scenario	Personal Survival Exercises	Bronze Rookie Lifeguard	BSSP Assessment Outcomes and Rookie Lifeguard Bronze Challenges	
Contrast		Entries and exits	Flag Game		Mini Polo Activities	
Water Safety			Bodies of Water		Q&A - Water Safety	
Plenary		Demonstrate an understanding of the Water Safety Code	Q&A	Exit Ticket on Water Safety	Exit Ticket on Water and Deep Water Safety	
Supporting Links		Jumping in; following Swim England Safety Guidance				
		Rookie Lifeguard Programme				
9	CAS	Water Safety #2	Water Safety #2	Water Safety #2	Water Safety #3	
	Main Activity	Personal Survival Scenario	Personal Survival Exercises	Bronze Rookie Lifeguard	BSSP Assessment Outcomes and Rookie Lifeguard Bronze Challenges	
Contrast	Entries and exits	Flag Game		Mini Polo Activities		
Water Safety		Bodies of Water		Q&A - Water Safety		
Plenary	Demonstrate an understanding of the Water Safety Code	Q&A	Exit Ticket on Water Safety	Exit Ticket on Water and Deep Water Safety		
Supporting Links	Jumping in; following Swim England Safety Guidance					
	Rookie Lifeguard Programme					

7	Supporting Links		RLSS Water Safety Advice	The stages of the Rookie Lifeguard programme	
			RNLI Know your Flags	VWSC - Life Saving Backstroke	
			RLSS - Water Safety at the Beach	Straddle entries	
8	CAS	Rotation and Orientation	Streamlining	Aquatic breathing	Aquatic breathing
	Main Activity	Frontcrawl	Backstroke	Frontcrawl	Front Crawl
	Contrast	Push and Glides	Streamlining	Surface Dives	Dolphin Kick
	Water Safety	Floating Letters	HELP and HUDDLE	Sculling	Flag Game
	Plenary	Q&A - Bodies of Water	Q&A - Kinaesthetic Awareness	Q&A - Knowledge Recall	Q&A - Flags
	Supporting Links			Surface Dive Video Sculling Video	RNLI Keeping Beaches Safe
9	CAS	Buoyancy and Balance	Rotation and Orientation	Rotation and Orientation	Buoyancy and Balance
	Main Activity	Backstroke	Backstroke	Backstroke	Backstroke
	Contrast	Water Safety	Handstands	Dolphin Kick and Introduction of Arm Action	Dolphin Kick
	Water Safety	Shout and Signal	Bodies of Water	HELP, HUDDLE and exploration of Towing	Float to Live
	Plenary	Aquatic breathing games	Charades	Charades	Student Reflection
	Supporting Links		How to Do a Handstand	How to swim dolphin kick	Vertical Dolphin Kick Enhancing Your Body Undulation
			Jumping In	HELP Position Video	RNLI Float to Live
				HUDDLE Video	
				How to do a Basic Rescue Contact Tows Video	
10	CAS	Rotation and Orientation	Travel and Coordination	Buoyancy and Balance	Rotation and Orientation
	Main Activity	Breaststroke	Breaststroke	Breaststroke	Butterfly Stroke
	Contrast	Push and Glides	Sculling	Mixed Stroke Development	Push and Glides
	Water Safety	How to enter different bodies of water	HELP, HUDDLE and exploring tows	Survival Strokes	Straddle entries
	Plenary	Top Tips	Q&A - Knowledge Recall	Q&A - Knowledge Recall	Top Tips
	Supporting Links		Sculling Video Rescue Tows	VWSC - Life Saving Backstroke Head Up Front Crawl	Straddle Entries
11	CAS	Travel and Coordination	Aquatic Breathing	Bouoyancy and Balance	Rotation and Orientation
	Main Activity	Backstroke	Frontcrawl	Frontcrawl	Front Crawl
	Contrast	Flag Game	Sculling	Skulling	Tumble Turns
	Water Safety	Q&A	Cold Water Shock	Submersion and sinkers	Surface Dives
	Plenary	Water Safety at the Beach	Bubbles Relay	Q&A	Q&A
	Supporting Links	RLSS - Water Safety at the Beach	Sculling Video Sculling Train Cold Water Shock		Tumble Turns Surface Dives
12	CAS	Aquatic breathing	Travel and Coordination	Travel and Coordination	Travel and Coordination
	Main Activity	Frontcrawl	Breaststroke	Backstroke	Butterfly Stroke
	Contrast	Water polo	Submersion and retrieval of items	Dolphin Kick	Water polo
	Water Safety	Cold Water Shock	Water polo	Water Polo	Sculling
	Plenary	Reflection on progress and action planning	Reflection on progress and action planning	Reflection on progress and action planning	Reflection on progress and action planning
	Supporting Links	What to do (Cold Water Shock)		How to swim dolphin kick Vertical Dolphin Kick	Sculling