

Commissioned By:



BSSP Data Tracker for Advanced; 25 meters +

School:

Group:

Class Teacher:

Swimming Teacher:

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker												
2	6	Enter deep water (minimum 1.8m depth) with a straddle entry keeping head above the water (NB - Shallow tank pools, to use a swivel entry)	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙
	5	Demonstrate safe exit from shoulder height depth without using steps (NB Shallow tank to demonstrate a safe exit without using steps - pool surround permitting in RA)	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙
	5	Kick 10m breaststroke legs; front and back (symmetrical leg kick)	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙
		Challenge – swim 25m breaststroke without stopping	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙	⊙

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker											
3	6	Kick 15m breaststroke legs (on front and back)												
	7	Swim 25m breaststroke without stopping												
	5	Explore how to safely and effectively tow												
4	5	Using Water Polo Front Crawl, travel with a ball, feet off the floor												
	7	Participate in a mini-polo activity												
	7	Participate in a Water Safety Scenario showing an understanding of the Water Safety Code and how to keep themselves safe												
	7	Perform a movement sequence in a group												
5	7	Swim 25m backstroke												
		Perform a front or back somersault in deep water												
		Explore how to perform a tumble turn on your back												
6	6	Answer three questions relating to water safety e.g. beach flags, cold water shock												
	6	Tread water (in deep water) for 1 minute, signal and call for help												
	6	Maintain a stationary HELP position for 2 minutes (using a float)												

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker											
7	7	Enter deep water (minimum 1.8m depth) with a straddle entry (shallow tank pools, to use a swivel entry), keeping head above the water and swim 15m head up Front Crawl or Breast-stroke												
	6	Throw and catch a ball whilst treading water												
	6	Using Water Polo Front Crawl, travel with a ball, pick up and pass to a partner												
8	7	Swim 25m using a recognisable front crawl, without stopping and breathing effectively												
	6	Swim 25m, collecting an object from the bottom of the pool and then "show and drop"												
	7	Swim 10m butterfly												
9	7	Complete a backstroke swimming challenge relating to speed and distance.												
	7	Repeat swim, gain a time and then identify how to improve time.												
	7	Apply suggested improvements to swim												

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker											
10	7	Swim 10m butterfly												
	7	Enter deep water (minimum 1.8m depth) with a straddle entry (shallow tank pools, to use a swivel entry), keeping head above the water and swim 15m head up Front Crawl or Breast-stroke												
	7	Demonstrate a safe exit from full height depth without using the steps (shallow tank to demonstrate a safe exit without using steps -pool surround permitting in RA).												
		Perform a front and back somersault in deep water												
11	6	Continuous swim for 50m using any two strokes												
	7	Swim 100m, at designated points perform a head or feet surface dive and swim 5m underwater												
		Perform a tumble turn (front crawl or backstroke)												
12	7	Swim 10m butterfly (more if able)												
	7	Swim 'Water Polo' front crawl and successfully shoot at a target / goal												
	7	Participate in a mini polo game												
	6	Travel 10m on back, head first, using a sculling action												
	6	Travel 10m on back, feet first, using a sculling action												

Number	Pupil Progress Tracker	Tally of Award		
		5	6	7
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				