

Commissioned By:



BSSP Data Tracker for Improver Ability: 10-25 meters

School:

Group:

Class Teacher:

Swimming Teacher:

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker														
2	4	Demonstrate a safe swivel entry and exit (most will not need to use the steps)	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺
	4	Demonstrate a safe swivel entry and exit (most will not need to use the steps)	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺
	4	Kicking on front 10m, holding float, showing aquatic breathing (face in the water, blowing bubbles/ breathing out)	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺
	5	Be able to swim 10m backstroke without stopping (to Swim England Expected Standards)	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺
3	4	Perform a front glide with arms extended and face in the water, over a distance of at least 2 metres and stand up	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺
		Explore push and glides, rotating from front to back and vice versa	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺
		Be able to push and glide, then perform a front crawl stroke over a distance of 5m.	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker											
4	5	Swim 10m breaststroke continuously (to Swim England Expected Standards)												
	5	In deep water, tread water for 1 minute.												
	5	Perform a sequence, linking 3 different floats.												
5	4	Hold a star float on the back for 3 seconds												
	4	Pick up a light object from the bottom of the pool (shallow end), then return it to pool side												
	4	Swim through a sunken hoop (shallow end)												
	4	Handstands - (optional) must be in water 0.9m minimum												
6	4	Identify how to perform and shout and signal rescue whilst ensuring own safety.												
	4	Demonstrate understanding of the Water Safety Code by encouraging another swimmer to swim 5m to the side of the pool												
	4	Stand on the side of the pool and throw a buoyant aid a distance of 5m to a partner.												
	5	Explore how to do a deep water entry (minimum of 1.8m depth) with a straddle entry (NB shallow tank pools to use a swivel entry)												
7	5	Throw one end of a soft reach aid to a partner and tow partner to the side (reach rescue)												
	5	Encourage another swimmer to swim 8m to the side of the pool.												
	5	Using a throw rescue while ensuring your own safety												
	5	Be able to answer questions on their rescue.												

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker											
8	5	Be able to kick, using a float for 10m												
	5	Swim 10m front crawl (to Swim England Expected Standards)												
	5	From swimming position, pick up a suitable object from the pool floor.												
	4	Travel on back 5m, using basic sculling action - head first.												
9	5	Be able to kick using a float for 10m												
	5	Swim 10m continuously – demonstrating a rotation from front to back and back to front.												
	5	Swim 10m backstroke (to Swim England Expected Standards)												
	4	Swim 5m Dolphin undulating leg action (front or back surface or underwater).												
10	4	Swim 5m breaststroke leg action with feet turned out												
		Perform a recognisable breaststroke over a distance of 5m												
	4	Keep feet off the floor, throw and catch with a partner (6 passes)												

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker											
11	6	Swim a distance of 25m using front crawl												
	6	Travel 10m on back, head first, using a sculling action												
	6	Travel 10m on back, feet first, using a sculling action												
12	6	Swim 25m backstroke												
	6	Swim 25m, collect an object from the bottom of the pool and "show and drop"												
	6	Attempt a continuous swim for 50m, using any two strokes.												

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