

Commissioned By:



BSSP Data Tracker for Beginner

School:

Group:

Class Teacher:

Swimming Teacher:

| Week | Award | Assessment Descriptors NB- no number indicates a specific stroke being developed | Pupil Progress Tracker | | | | | | | | | | | |
|------|-------|--|------------------------|--|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | | | | | | |
| | 1 | To be able to safely perform the appropriate entry into the pool (swivel entry/ via steps) | | | | | | | | | | | | |
| | 1 | Demonstrate an understanding of the Water Safety Code | | | | | | | | | | | | |
| | | To develop an understanding of aquatic breathing | | | | | | | | | | | | |
| 2 | 1 | To be able to exit the pool safely and unaided | | | | | | | | | | | | |
| 3 | 1 | To walk the width of the pool ensuring that shoulders are under the water | | | | | | | | | | | | |
| | 1 | To move through the water using a variety of movements i.e. run, skip, hop and jump in a variety of directions | | | | | | | | | | | | |
| | 1 | To wade 5m towards the side of the pool | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | |
| 4 | 1 | Play an aquatic game which include moving through the water using a variety of movements | | | | | | | | | | | | |
| | 1 | Find ways to lift both feet simultaneously off the pool floor | | | | | | | | | | | | |
| | 2 | To demonstrate a variety of different floating positions (shape suggestions include; pencil, star, letter and mushroom) | | | | | | | | | | | | |
| | | To create a sequence using a variety of floats (aided and unaided) | | | | | | | | | | | | |
| 5 | 2 | To blow an object or toy for 5m (with nose and mouth in the water) | | | | | | | | | | | | |
| | 2 | To fully submerge the whole face under the water | | | | | | | | | | | | |
| | | To explore the concept of aquatic breathing | | | | | | | | | | | | |
| 6 | 1 | Experience travelling (walking, travelling or swimming) wearing clothes in the water. | | | | | | | | | | | | |
| | 1 | Explain 2 pool rules | | | | | | | | | | | | |
| | 2 | Describe how to signal for help | | | | | | | | | | | | |
| | 2 | Describe how to make an emergency call | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | |
| 7 | | Shout and signal for help to attract attention | | | | | | | | | | | | |
| | 2 | Demonstrate an understanding of the Water Safety Code | | | | | | | | | | | | |
| | 2 | Floating on back (in a Personal Survival Scenario) | | | | | | | | | | | | |
| | 3 | Explain where it is safe to swim and why | | | | | | | | | | | | |
| | 3 | Describe hazards of one body of water and explain how to keep themselves safe | | | | | | | | | | | | |
| 8 | | To travel through the water on your front with your feet off the ground for 5m. | | | | | | | | | | | | |
| | | To begin to understand how to breathe in front crawl | | | | | | | | | | | | |
| | | To apply front crawl breathing over a distance of 5m (aided / unaided). | | | | | | | | | | | | |
| | 2 | Demonstrate basic arm and leg action, alternating simultaneously on their back. | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | |
| 9 | 2 | In standing depth, play an aquatic game. | | | | | | | | | | | | |
| | 2 | Undertake push and glide challenges to and from the wall (some may push and glide without aids) | | | | | | | | | | | | |
| | 2 | Perform a back glide with arms by the side and stand. | | | | | | | | | | | | |
| | 2 | Demonstrate basic arm and leg action, alternating simultaneously on their back. | | | | | | | | | | | | |
| 10 | | To understand how to perform a breaststroke leg action | | | | | | | | | | | | |
| | | To perform a breaststroke leg action | | | | | | | | | | | | |
| | | To begin to assess a peer and identify how they could improve their technique | | | | | | | | | | | | |
| | 2 | Show your partner how to make a safe shallow water entry | | | | | | | | | | | | |
| | 2 | Climb out of the pool at the side or using the steps | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | |
| 11 | 3 | Push and glide from the wall, maintaining a streamline position with arms extended | | | | | | | | | | | | |
| | 3 | Swim 5m, roll onto back without touching the floor (switch to either front/back/ breaststroke). | | | | | | | | | | | | |
| | 3 | Swim a distance of 5m on back without stopping | | | | | | | | | | | | |
| 12 | | To demonstrate basic arm and leg stroke on front | | | | | | | | | | | | |
| | | Swim a distance of 5m on front without stopping | | | | | | | | | | | | |
| | 3 | Play an aquatic game, which may involve passing and catching a ball | | | | | | | | | | | | |

| Name of Pupil | Pupil Progress Tracker | Tally of Award | | |
|---------------|------------------------|----------------|---|---|
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