

Commissioned By:



BSSP Data Tracker for Lower Ability: 5-10 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	To be able to safely perform the appropriate entry into the pool (swivel entry/ via steps)												
		To be able to explain at least two pool safety rules												
		To be able to exit the pool in a safe manner												
	3	Demonstrate an understanding of the Water Safety Code.												

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker											
3	3	Submerge, blowing into the water at the same time												
	3	Swim a distance of 5m front crawl without stopping												
		To know and understand when to breathe during a front crawl arm action												
		Be able to perform the correct breathing technique (in isolation)												
		To apply correct breathing technique during full stroke												
4	3	To be able to perform a float (aided and unaided) on your back												
	3	Demonstrate the ability to stand back up after performing a float (aided and unaided)												
	4	Swim 5m using alternating kick												
	3	Explore using core aquatic skills to create a "gymnastics" sequence												
5		Know and understand how to perform the breaststroke leg action (bend, PENGUIN, star and snap).												
		To be able to recall the correct sequence for the leg action												
	4	To be able to perform the leg kick (aided and unaided)												

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker											
6	3	Perform a safe shallow water entry and exit												
	4	Demonstrate an understanding of the Water Safety Code												
	4	Complete a Personal Survival Scenario												
	3	Play an aquatic game, which may involve passing and catching a ball												
7	3	Explain where it is safe to swim and why												
	3	Describe hazards in one body of water												
	4	Explain how to keep themselves safe												
	4	Explore how to perform a shout and signal rescue												
8	4	To be able to perform a push and glide on the back and able to regain standing position												
	4	To be able to perform a push and glide, with arms extended in a streamline position												
		To be able to perform a push and glide, rotate onto front / back – maintaining stroke for at least 3 arm pulls												

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker											
9	4	Kick 10m on back, using legs only, whilst holding a hold												
	4	Swim a distance of 10m without stopping (on back)												
	4	Perform a handstand												
	3	Jump into water at least 1m (check appropriate depths).												
10		To be able to recall the correct sequence for the leg action												
	4	To be able to perform the leg kick (aided and unaided)												
	4	To be able to swim 5m breaststroke leg action with feet turned out												
	3	Demonstrate simple sculling action, some may be able to scull and travel.												

Week	Award	Assessment Descriptors NB- no number indicates a specific stroke being developed	Pupil Progress Tracker											
11		To be able to correctly identify what side to breathe to when performing a front crawl arm action												
		To be able to blow bubbles out into the water												
		To be able to perform the correct breathing technique whilst performing front crawl												
	4	Swim a distance of 10m without stopping (front)												
	4	Travel on back 5m using basic sculling action - head first.												
12		Know and understand how to perform a breaststroke leg kick (bend, PENGUIN, star and SNAP).												
	4	Be able to swim 5m breaststroke leg kick with feet turned out												
		Explore how to submerge and retrieve items												
	4	Keep feet off the floor, throw and catch with partner (6 passes)												

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