

**C.B.H.S.C. PLAN FOR TEACHING SWIMMING
PUPIL RECORD OF ACHIEVEMENT**

Name		
<u>DOLPHINS SEVEN</u>		
Outcomes	Outcomes	x / ✓
	1. Continued demonstrating Lane etiquette: 5 second gap before starting, Stopping at end of lane for overtaking swimmer, Ensuring incoming swimmer can finish on wall. Allowing faster swimmer on specific strokes to go first.	
	2. Swim 100m Freestyle (B.L.A.B.T)	
	3. Swim 100m Backstroke (B.L.A.B.T)	
	4. Swim 100m Breaststroke (B.L.A.B.T)	
	5. Swim 25m Butterfly (B.L.A.B.T)	
	6. Swim 100 Individual medley with correct turns.	
	7. Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills: Sculling, Rotation, Floating, Eggbeater	
	8. Complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout	
	9. Tread water for a period of 60 seconds	
	10. Perform a Dive from the side of the pool.	
	11. Complete a set of 25's or 50's on a send-off, or rest time to a distance of 300m	
	12. Practice Competition starts from block with a club official for Gala Preparation.	
	13. Practice Relay takeovers in Free and Medley.	
Badges/ Awards	<p><u>(Badge work incorporates many skills not listed above)</u></p> <p>Freestyle – 800m Butterfly – 25m/50m Individual medley – 100m Water skills 6 Preliminary start Bronze Challenge</p>	
Teacher Comments		
Apply for progression to next squad		
Teacher Name		
Accepted for progression		
Signed Teacher (SHARKS 8)		