

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

Name		
<u>SHARKS EIGHT</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.	
	2. Complete a set lasting 400m (e.g. 16 x 25m) on a specific turnaround time set by the coach (E.g. 1.00min for each 25m)	
	3. Swim 100m Individual Medley with correct turns at a RACE pace	
	4. Perform a Backstroke turn from 10m in to 15m out	
	5. Perform a Breaststroke turn from 10m in to 15m out	
	6. Perform a Butterfly turn from 10m in to 15m out	
	7. Perform a Front Crawl turn from 10m in to 15m out	
	8. Perform a Backstroke start with correct transition to stroke	
	9. Perform a Butterfly start with correct transition to stroke	
	10. Perform a Breaststroke start with correct transition to stroke	
11. Complete a freestyle start with correct transition to stroke		
Badges/ Awards	<p><u>(Badge work incorporates many skills not listed above)</u></p> <p>Freestyle – 1000m Pre-competition level 1 Survival level 2 Silver challenge.</p>	
Teacher Comments		
Apply for progression to next squad		
Teacher Name		
Accepted for progression		
Signed Teacher (SHARKS 9)		