

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

Name		
<u>SHARKS NINE</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 800m (E.g. Either 16 x 50m; 8 x 100m; 4 x 200m) on a specific turnaround time set by the coach (E.g. 1.30min for 50m's, 2.45min for 100m's; 6.00min for 200m's)	
	3. Swim 200 individual medley with correct turns	
	4. Perform a 15m underwater kick on front in a streamlined position	
	5. Perform a Backstroke start then Butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m,Turn and repeat (distance underwater not specified) with correct transition to stroke and correct finish.	
	6. Perform a Freestyle start then Butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m,Turn and repeat (distance underwater not specified) with correct transition to stroke and correct finish.	
	7. Perform a Butterfly start then Butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m,Turn and repeat (distance underwater not specified) with correct transition to stroke and correct finish.	
	8. Perform a Breaststroke start, 1 fly pull and 1 fly kick- 1 Breaststroke kick to streamline arms ,1 seep out with arms when head should break surface before insweep, transfer into stroke and complete the remainder of the 25m,Turn and repeat (distance underwater not specified) with correct transition to stroke and correct finish.	
Badges/ Awards	<u>(Badge work incorporates many skills not listed above)</u> Freestyle – 1500m – 1 MILE Competition Start Gold challenge	
Teacher Comments		
Apply for progression to next squad		
Teacher Name		
Accepted for progression		
Signed Teacher (SHARKS 10)		