

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

Name:

SWORDFISH ONE

Outcomes Floating and supporting Aids can be used.	Outcomes	x / ✓
	1. Enter the water safely	
	2. Submerge head fully underwater.	
	3. Move forwards for a distance of 5 metres	
	4. Move backwards for a distance of 5 metres	
	5. Move sideways for distance of 5 metres	
	6. Scoop the water and wash face	
	7. Be at ease with water showered from overhead	
	8. Move into a stretched floating position using aids, equipment or support	
	9. Regain an upright position from on the back, with support	
	10. Regain an upright position from on the front with support	
	11. Push & glide in a horizontal position to or from a wall	
	12. Jump in from poolside safely	
	13. Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged	
	14. Take part in a teacher led partner orientated game	
15. Demonstrate an understanding of pool rules		
14. Exit the water safely		

Badges/ Awards	<p>(<u>Badge work incorporates many skills not listed above</u>)</p> <p>Duckling 1 Y/N Duckling 2 Y/N Duckling 3 Y/N Duckling 4 Y/N Duckling 5 Y/N</p>
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Teacher Comments	
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Apply for progression to next squad

Teacher Name

Accepted for progression

Signed (Teacher S/F 2)