

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

<b>Name</b>		
<b><u>SWORDFISH THREE</u></b>		
<b>Outcomes</b>	<b>Outcomes</b>	<b>x / ✓</b>
	1. Sink, push away from wall on side and maintain a streamlined position	
	2. Push & glide on the front with arms extended and log roll onto the back	
	3. Push & glide on the back with arms extended and log roll onto the front	
	4. Travel on the front, tuck to rotate around the horizontal axis	
	5. Fully submerge to pick up an object ( Min Depth 0.9m)	
	6. Answer correctly 3 questions on the Water Safety Code	
	7 Push and glide from wall on front, fully submerged in a streamline position	
	8. Push and glide from wall on Back, fully submerged in a streamline position	
	9. Demonstrate undulation on front in streamline position.	
10. Demonstrate undulation on Back in streamline position		
<b>Badges/ Awards</b>	<p><u>(Badge work incorporates many skills not listed above)</u></p> <p>Freestyle – 25m            Backstroke – 25m            Breaststroke – 20m-25m            Butterfly – 5m-10m            Water Skills 2</p>	
<b>Teacher Comments</b>		
<p>Apply for progression to next squad</p> <p><b>Teacher Name</b></p>		
<p>Accepted for progression</p> <p><b>Signed (Teacher S/F 4)</b></p>		