

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

Name		
<u>SWORDFISH FOUR</u>		
Outcomes	Outcomes	x /
	1. Demonstrate an understanding of buoyancy	
	2. Perform a tuck float for 5 seconds	
	3. Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface	
	4. Push & glide from the wall to the pool floor	
	5. Kick 25 metres on Front unaided in streamline position	
	6. Kick 25 metres on back unaided in streamline position	
	7. Kick 25 metres Breaststroke unaided (No Equipment)	
	8. Undulate for 25 metres unaided in streamline position i.e arms by side or in front	
	9. Perform on the back a head first sculling action for 5 metres in a horizontal position	
	10. Travel on the back and roll in one continuous movement onto front	
11. Travel on the front and roll in one continuous movement onto back		
Badges/ Awards	<p><u>(Badge work incorporates many skills not listed above)</u></p> <p>Freestyle – 50m Backstroke – 50m Breaststroke -25m – 50m Butterfly – 20m – 25m Preliminary Safety Diving Skills (NPTS 8)</p>	
Teacher Comments		
<p>Apply for progression to next squad Teacher Name</p>		
<p>Accepted for progression Signed (Teacher S/F 5)</p>		