

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

Name		
<u>SWORDFISH FIVE</u>		
Outcomes	Outcomes	* /
	1. Perform a horizontal stationary scull on the back	
	2. Perform a feet first sculling action for 5 metres whilst horizontal on the back	
	3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation	
	4. Tread water for 30 seconds.	
	5. Perform 3 different shaped jumps into deep water	
	6. Perform a handstand and hold for a minimum of 3	
	7. Perform a forward somersault, tucked, in the water	
	8. Demonstrate an action for getting help	
	9. Demonstrate Lane etiquette: Leaving wall when the swimmer in front reaches the 5m Flags.	
10. Demonstrate a Backward somersault, tucked in the water.		
Badges/ Awards	<p><u>(Badge work incorporates many skills not listed above)</u></p> <p>Freestyle – 100m – 200m Backstroke – 100m Breaststroke – 50m Butterfly – 25m Water Skills 4 Diving Skills (NPTS 9) Survival 1</p>	
Teacher Comments		
Apply for progression to next squad		
Teacher Name		
Accepted for progression		
Signed Teacher (Dolphins 6)		