

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

Name		
<u>DOLPHINS SIX</u>		
Outcomes	Outcomes	* /
	1. Demonstrate an understanding of preparation for exercise	
	2. Sink, push off on side from the wall, glide, kick and rotate into Backstroke	
	3. Sink, push off on side from the wall, glide, kick and rotate into Front Crawl	
	4. Swim 10 metres with clothes on and climb out.	
	5. Swim 200m Front Crawl to include rhythmical breaths (3 stroke breathing-Bi Lateral breathing)	
	6. Swim 100m Breaststroke to include rhythmical pattern (Pull, Breath, Kick Glide)	
	7. Swim Butterfly to include at least three rhythmical breaths	
	8. Perform a 'shout & signal' rescue	
	9. Demonstrate Lane etiquette: 5 second gap before starting, Stopping at end of lane for overtaking swimmer, Ensuring incoming swimmer can finish on wall.	
	10. Perform a surface dive	
Badges/ Awards	<p><u>(Badge work incorporates many skills not listed above)</u></p> <p>Freestyle – 400m – 600m Backstroke – 200m Breaststroke – 200m Butterfly – 25m Water Skills 5 Diving Skills NPTS 10)</p>	
Teacher Comments		
<p>Apply for progression to next squad</p> <p>Teacher Name</p>		
<p>Accepted for progression</p> <p>Signed Teacher (Dolphins 7)</p>		