

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

Name		
<u>SWORDFISH TWO</u>		
Outcomes	Outcomes	x / ✓
	1. Regain upright position from the back without support	
	2. Regain an upright position from the front without support	
	3. Push from wall & glide on the back	
	4. Push from wall & glide on the front	
	5. Travel on the back for 5 metres, using arms and legs aids or equipment may NOT be used	
	6. Travel on the front for 5 metres, using arms and legs aids or equipment may NOT be used	
	7. Perform a rotation from the front to the back to gain an upright position	
	8. Perform a rotation from the back to the front to gain an upright position	
	9. Kick Unaided for 5 metres on back in Streamline position	
	10. Kick Unaided for 5 metres on front in streamline position	
11. Jump in from poolside and submerge (min depth 0.9)		
Badges/ Awards	<p><u>(Badge work incorporates many skills not listed above)</u></p> <p>Freestyle – 10m-15m-20m Backstroke – 10m-15m-20m Breaststroke – 10m-15m Water Skills 1</p>	
Teacher Comments		
<p>Apply for progression to next squad</p> <p>Teacher Name</p>		
<p>Accepted for progression</p> <p>Signed (Teacher S/F 3)</p>		