



**Years  
7&8**

**Pathway  
2&3**

**3 half terms per class**

SEP > FEB  
FEB > JUL

**Learning Intention:**

Pupils will learn:

- How to be safe out in the community; using public facilities;
- Where they can go to participate in leisure activities;
- How to be safe around water;
- To develop their confidence in the water;
- To develop the skills to propel themselves in the water
- The personal hygiene routines associated with swimming.

It is hoped that with the development in these areas that a young person will have the necessary knowledge to be able to access community facilities and sustain leisure hobbies that will help keep them healthy in later life. They will have developed the confidence to safely be around water and the essential skills that will greatly reduce the risk of accidents occurring when in water.

**Key knowledge that should be learned during this SoW**

All

Most

Some

**Concept:**

- Water confidence
- Water safety
- Whole body coordination
- Whole body exercise

	<ul style="list-style-type: none"> <li>● Whole body control</li> <li>● Core stability</li> </ul>		
<b>Knowledge:</b>	<ul style="list-style-type: none"> <li>● Safety routines on the waterside</li> <li>● Safe entry and exit of the pool</li> <li>● Personal hygiene routines</li> </ul>	<ul style="list-style-type: none"> <li>● How body position affects buoyancy</li> <li>● Names of different floats</li> <li>● Names of different strokes</li> </ul>	<ul style="list-style-type: none"> <li>● Importance of breathing</li> <li>● Techniques of different strokes</li> </ul>
<b>Key Skills:</b>	<ul style="list-style-type: none"> <li>● Confidently moving in the water</li> <li>● Changing body position in the water whilst touching the floor</li> </ul>	<ul style="list-style-type: none"> <li>● Kicking technique</li> <li>● Swimming with aids</li> <li>● Submerging</li> <li>● Changing position in the water without touching the floor</li> </ul>	<ul style="list-style-type: none"> <li>● Breathing technique</li> <li>● Front, back and breast stroke technique</li> <li>● Some extended to butterfly</li> <li>● Swimming unaided</li> </ul>

<b>Language and/or communication skills:</b>	<ul style="list-style-type: none"><li>● Hazard words</li><li>● Safety rules</li><li>● Float, noodle</li></ul>	<ul style="list-style-type: none"><li>● Kicking</li><li>● Float</li><li>● front , back, breaststroke</li><li>● Push and glide</li></ul>
<b>Curricular Links</b>	<ul style="list-style-type: none"><li>● PSHE: Personal; hygiene; community facilities; safety in public areas; interacting with the community</li></ul>	