

# High Tunstall College of Science Curriculum Intent

Subject: Swimming Year: 7 Half term: 1-3 rotation



## Topic: Swimming

	Swimming	Progress		
Topic	Key ideas	R	A	G
Swimming	<b>Front Crawl</b> – Leg kick, arm action, head and body position, breathing, streamline			
	<b>Back Crawl</b> – Leg kick, arm action, head and body position, streamline			
	<b>Back Stroke</b> – Leg kick, arm action, head and body position, breathing, streamline			
	<b>Water skills</b> – sculling, treading water, surface dives			

Lesson	Learning Focus	Assessment	Key Words
1	Front Crawl	Formatively during practice	Leg kick, arm action, high elbow, face in, breathing, streamlined
2	Front Crawl Back Crawl	Formatively during practice	Leg kick, arm action, high elbow, face in, breathing, streamlined, hips up, thumb out-little finger in
3	Back Crawl Breast Stroke	Formatively during practice	Leg kick, frog legs, arm action, streamlined
4	Differentiated stroke work  Water Skills- sculling, treading water, surface dives	Formatively during practice	Leg kick, arm action, high elbow, face in, breathing, streamlined, hips up, thumb out-little finger in, frog legs  Feet first, figure of eight, hips up,
5	Stroke assessment	Summative assessment	Leg kick, arm action, high elbow, face in, breathing, streamlined, hips up, thumb out-little finger in, frog legs