



# High Tunstall College of Science Curriculum Intent

Subject: Swimming– Personal Survival Year: 8

Half term: 1-3 rotation

## Topic: Swimming– Personal Survival

	Swimming– Personal Survival	Progress		
Topic	Key ideas	R	A	G
Swimming- Personal Survival	Sculling technique– head and feet first			
	Surface dive technique– Head and Feet first			
	HELP position technique			
	Huddle position technique			
	Endurance swimming			
	Differences between confined & open water			
	Hypothermia– signs and symptoms			
	Treading water technique whilst signalling for help			
	Entries into unknown water technique- Slide, Straddle and Dive			
	Technique for survival in- Underwater weeds, Quicksand and Mud			
	Wearing clothes– technique for: Treading water, Signalling for Help, Removal			

Lesson	Learning Focus	Assessment	Key Words
1	Sculling technique– head and feet first Surface dive technique– Head and Feet first	Formatively during practice	Sculling, technique, surface dive
2	HELP position technique Huddle position technique Treading water technique whilst signalling for help	Formatively during practice	Heat Escape Lessoning Posture, position, Huddle, Treading, signalling
3	Differences between confined & open water Hypothermia– signs and symptoms Endurance swimming	Formatively during practice	Confined, Open, Hypothermia, signs, symptoms
4	Entries into unknown water	Formatively during practice	Survival, Slide, Straddle and Dive, quicksand
5	Wearing clothes– technique for: Treading water, Signalling for Help, Removal of clothing & using clothes for floats	Formatively during practice	Treading water, signalling