

## Swimming Competency Year 6 Cohort – 2017-18

Pupils attending Corbets Tey School are introduced to a range of aquatic skills which enable them to improve their personal performance and participate in a variety of team or peer group games and skills. The aim being to develop individual and unique skills, regardless of ability and to learn to work in partnership thus enabling a co-operative sense of achievement.

All lesson plans, although generically presented to include the various stroke and skill requirements of the National Curriculum Key Stages, National Swim Plan and AFLS/EFL, are adapted to meet the needs of the individual, encouraging independence and also to promote their physical well-being. The classes often include more than a single year group, but they are all taught according to their capabilities and needs.

The pupils are taught multi-strokes on both front and back, floating and sculling skills, surface diving and to swim and pace distances within their physical and learning capabilities. Emphasis in all aspects of the curriculum is placed on finding a safe, sound breathing position complying with British Swimming, RNLI and RLSS recommendations for swimming and personal survival techniques. This involves showing pupils how to achieve a safe breathing position through use of front -> back rotations and log rolls. Water safety skills are enhanced by incorporating the 'Get Safe 4 Summer' programme.

These skills are taught within the constraints of the swimming pool, which is 9m in length and has a maximum depth of 1.05m, which often negates the possibility of teaching children how to tread water.

Sensory and physical needs are met with all pupils being given individual adaptations according to their needs of all aquatic travel and skills, with the Swimming Teacher and staff often working in conjunction with Physiotherapist recommendations. Swimming sessions are also designed to encourage and enable communication, cognitive and physical skills by introducing cross-curricular activities in the hydrotherapy pool, whilst physical activities are conducted in the main pool.

Pupils in this cohort are taught the following skills. Some are able to:

- Utilise discs/noodle/swim ring to learn floating techniques and aquatic travel
- Practise front /back arm and leg actions
- Understand safe practice play
- Work with/alongside peers
- Practise safe breathing techniques and practices
- Understand the need to surface
- Practise walking independently
- Communicate and interact with others
- Follow instruction
- Swim independently utilising front, back, breaststroke and butterfly style actions
- Learn front/back arm and leg actions
- Achieve surface diving and floating
- Learn front and back travel