

Swimming Competency Year 6 Cohort – 2020-21

Students 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 personalised targets, 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 all students are taught according to their capabilities and needs. Students are taught different strokes that consist of Doggy Paddle, Front crawl, Backstroke and Breaststroke. They are also taught 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, good breathing position which complies with Swim England, RNLI and RLSS recommendations for swimming and personal survival techniques. This involves showing pupils how to achieve a safe breathing position through the use of front to 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 and young people how to tread water.

Sensory and physical needs are met with all students being given individual adaptations according to their needs of all aquatic travel and skill. The Swimming Teacher and staff often work 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. Water Safety lessons are also incorporated in classroom lessons, reinforcing safety.

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

- Utilise discs/noodle/swim ring and other specialist swim and disability swim aids / buoyancy aids to learn floating techniques and aquatic travel. Empowering the student towards independent travel regardless of ability
- 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 instructions
- 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