



ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE/SUBJECT: Swimming

YEAR GROUP: 5

TERM: One term per class throughout the year

<p align="center">Vocabulary</p> <p>Front crawl, Self-rescue, Backstroke, Strokes, Breaststroke, Competently, Butterfly, Confidently, Body position, Proficiently, Legs, Treading water, Arms, Sculling, Breathing, Surface dives, Timing Buoyancy, Survival</p>	<p align="center">Skills</p> <ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25m. Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). Perform safe self-rescue in different water-based situations. 	<p align="center">What we already know</p> <ul style="list-style-type: none"> Children have not previously taken part in school swimming lessons at KS1 or in year 3. Children who have not achieved the skills outlined by the end of year 4, may possibly take part in additional swimming lessons in years 5 / 6.
<p>Application/ Outcomes</p> <ul style="list-style-type: none"> Swim between 25 and 50 metres unaided Keep swimming for 30 to 45 seconds, using swimming aids and support Swim on the surface and lower themselves under water Take part in group problem-solving activities on personal survival Recognise how their body reacts and feels when swimming Recognise and concentrate on what they need to improve Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. 		<p>Concepts</p> <ul style="list-style-type: none"> Body position Legs Arms Breathing Timing Treading water Sculling Surface dives
<p>Other/Cross Curricular Links</p> <p>PSHCE-safety</p>	<p>Adaptation for SEND</p> <ul style="list-style-type: none"> Adapted tasks Shorter distances Shallower depth Adapted equipment Differentiated groups Disclosure of relevant information to background checked swimming teacher for safe instruction. Adult support Smaller groupings 	