Dandenong Valley School

Swimming Curriculum

STRAND - Physical, Personal and Social Learning

DOMAIN - Health and Physical Education
RECORDING AND REPORTING STUDENT PROGRESS

Weekly progress recorded:
Classroom lesson plan / record sheet
Weekly lesson plan activities are written for each individual classroom.
Students names are recorded at the top of each column along side activities.
The curriculum stage for each student for each activity is recorded, e.g.

Classroom lesson plan / record sheet  Room_____  Week No._____  Date_____

<table>
<thead>
<tr>
<th>Activity/ Skill</th>
<th>John</th>
<th>Fred</th>
<th>Sue</th>
<th>Sally</th>
<th>Sam</th>
<th>Kelly</th>
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<tr>
<td>Entry : safe entry</td>
<td>S. 4.</td>
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<td>Push and glide front</td>
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<td>Kickboard - back</td>
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John can achieve the following activities:
Entry : safe entry:
Slide in entry, no assistance, with verbal prompts
Push and glide on front:
Eyes in water, chin on chest, 3 metres - no assistance ( independent)
Glide on back:
With assistance, glide on back - 2 metres
Kickboard on front:
Straight arms, ear and bubbles (lateral breathing), (lifting head to breathe is acceptable - breathing skills) 3 metres - no assistance (independent)
Kickboard / back activity:
Large mat, kicking on back, looking up into a mirror.

Goals, required floatation aids, comments and achievements:
Individual student progress
These are recorded and updated for each individual student, e.g.

Individual student progress
Name: John

<table>
<thead>
<tr>
<th>Date</th>
<th>Comments</th>
<th>Goals</th>
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<tr>
<td>10/2/07</td>
<td>Blue belt and arm bands</td>
<td>Improve confidence on his back</td>
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<td>Extend from stage 3 to stage 4 on his back</td>
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Swimming program

Entry:
• Assisted wade in entry using steps
• Independent entry, holding rail, wade in using steps
• Assisted entry on hoist
• Assisted seated entry from pool edge (hand on hand entry/hands behind shoulders/ hands on hips, wriggle forward)
• Safe entry (slide in entry)
• Jump entry (deep water activity only - toes must always be over the edge of the pool)
• Seated dive entry
• Standing dive entry - toes over pool edge, hands together, arms squashing behind the ears, bend knees (off submerged hydro seat/off pool edge)

Exit:
• Assisted wade exit using pool steps
• Independent exit, holding rail, wade out using steps
• Assisted exit on hoist
• Assisted lift/roll onto pool edge
• Assisted climb out exit at pool edge
• Independent climb out exit at pool edge

Vertical rotation:
Leaning forward position. Learning to control body position before falling backwards or forwards into the water
• Egg and spoon race
• Blowing egg flips/ping pong balls across water surface
• Wind, rain, sun - CIRCLE FORMATION HOLDING HANDS - WIND - Standing position - lean forward and blow egg flips
  RAIN - Lying on backs - kick feet for rain
  SUN - Lying on backs - rest (back float)

Lateral rotation:

Standing and spinning on the spot. Lying, rolling action.
• Say hello - 1:1 activity - circle formation - short arm hold - student lying on back
  Student is rolled to person on either side
• Pass the plate - 1:1activity - circle formation - short arm hold - student lying on back
  Student is rolled to person on either side - pass a ball or toy around the circle
• Rolling along / rolling off the edge of a floating mat into the water
• Seaweed - 1:1 activity
  Student is swayed from side to side on the water surface
• Seaweed - independent - Students hold pool rail in a vertical position and sway themselves from side to side
Breath control and submersion:

- Sitting on pool bottom
- Counting partners fingers under water
- Picking up a toy from pool floor
- Picking up a toy from pool steps
- Duck diving
- Yo-Yos - holding pool rail, lift body up from water, lower head under water and blow bubbles, lift body up from water (repeat)

Balance:

- Standing in a turbulent whirlpool
- Backfloat in a turbulent whirlpool
- Statues
- Starfloats
- Here we go round the mulberry bush - walking in a turbulent circle - stop - change direction
- Large mat activities - Jelly on a mat, Mr Frog, walking / crawling on mat
- Tunnel ball (dive brick or sinking object through legs, eyes in and bubbles) / Overhead tunnel ball

Turbulent gliding:

- Tow swimmer through the water on their backs

Gliding:

- Push and glide on front - Push off pool floor with feet, torpedo hands, aim for eyes in the water, feet together, no kicking
- Push and glide on back - facing pool wall, holding rail, feet on pool wall, looking up at roof, push off pool wall with feet together, no kicking

Co-active activity - arm stroke introduction:

Boat song:

Upright position - Torpedo arms/raised arms, sway from side to side
I am a little sail boat, a sail boat, a sail boat.
I am a little sail boat I sail every day
Upright position -

Rocket ships (introduction to a back stroke start)

- Facing pool wall holding rail. Feet on pool wall, looking up at roof, push off wall with feet, arms by sides and kicking

Improve strength: Improve fitness:

- Leg only activities - kick on back/ kick on front
- Arm only activities - Armstrokes only on back
- Warm water exercises - with and without resistance aids
- Increasing distances of activities swam, increasing resistance in exercise
Awareness of water depth:

- Recognise the different levels of water against the body as student moves around the pool

Self propulsion:

- Ball chase/ toy chase
- Ball chase /toy chase - take toys to pool edge or place into a basket at pool edge
- Activity board / suction toys on side of pool
- Freestyle/ backstroke progressions (All self propulsion activities incorporates eye contact, reaching, grasping and pulling actions)
Swimming Program

STAGE ONE

1.1 Students encounter activities and experiences. Participation is fully prompted. They may be passive or resistant. They may show simple reflex responses.

1.2 Students show emerging awareness of activities and experiences. They may have periods when they appear alert and ready to focus their attention. They may give intermittent reactions.

MOVEMENT AND PHYSICAL ACTIVITIES
Neck and body support to be worn as required

Students may:

EXPERIENCE MOVEMENT, WITH SUPPORT IN A RANGE OF ENVIRONMENTS

Suggested activities. Co-active - Ratio: 1:1
- While supported - glide on front
- While supported - glide on back
- Co-actively - kicking motion on front
- Co-actively - kicking motion on back
- Co-actively - VERTICAL rotation
  - wind, rain and sun
  - blowing an egg flip on water
- Co-actively - LATERAL rotation
  - say hello. Roll to side
  - roll to pass a ball/toy
- Co-actively - turbulent towing (glide)

SHOW SIMPLE REFLEX RESPONSES

Suggested activities. Co-active - Ratio: 1:1

- Co-actively - Push away ball or toy with hands (experience a ball being moved against feet/hands)
- Co-actively - Push away ball or toy with feet
- Co-actively - Look into a mirror (experience mirror being placed in front of them)
  - backfloat
  - upright position
- Co-actively - Kick away from side of pool (rocket ship)
- Co-actively - Reach for and grasp objects in water (experience objects being placed / held in hand

PARTICIPATE CO-ACTIVELY IN BODY AWARENESS ACTIVITIES

Suggested activities. Co-active - Ratio: 1:1

- Buckets - sprinkle/pour water onto arms, legs, face etc.
- Co-actively - splash water with hands
- Co-actively - splash water with toes
ACCEPT AND RECOGNISE CHANGE IN POSITION IF MOVED

Experience being placed on front, back, side and upright. Experience being moved through water at different speeds and in different body rotations. E.g. being swayed, rolled and tilts.

SHOW HEAD CONTROL

NECK AND BODY SUPPORT TO BE WORN AS REQUIRED

Suggested activities. Co-active - Ratio: 1:1

- While supported - VERTICAL ROTATION
  - small roll from side to side
  - Wind, rain and sun
  - Blowing egg flips
- While supported - LATERAL ROTATION
  - Say hello
  - Pass the plate
  - Sea weed

BALANCE MOMENTARILY, WHEN SUPPORTED BY AN ADULT IN EITHER A SITTING OR STANDING POSITION

Suggested activities.

- While supported - Sitting on pool edge / Standing at side
- Co-actively - Pushing large ball in circle activity

Requires participation and response

HEALTH KNOWLEDGE AND PROMOTION

SHOW AN AWARENESS OF BEING DRESSED AND UNDRESSED

- Experience being changed for hydrotherapy/swimming
- Experience wearing floatation aids, neck and body supports.
STAGE TWO

2.1 Students begin to respond consistently to familiar people, events and objects. They react to new activities and experiences. They begin to show interest in people, events and object. They accept and engage in COACTIVE exploration.

2.2 Students begin to be proactive in their interactions. They communicate consistent preferences and effective responses. They recognize familiar people, events and objects. They perform actions, often by trial and improvement, and they remember learned responses over short periods of time.

MOVEMENT AND PHYSICAL ACTIVITIES

Neck and body support, floatation aids to be worn as required
Refer to Guidelines for weaning pupils off floaties

Students may:
SHOW GENERAL AWARENESS OF OWN BODY IN A RANGE OF ACTIVITIES

Suggested activities. Co-actively - Ratio: 1:1

- While supported - glide on front
- While supported - glide on back
- Co-actively - kicking motion on front
- Co-actively - kicking motion on back
- Co-actively - VERTICAL rotation
  - wind, rain and sun
  - blowing an egg flip on water
- Co-actively - LATERAL rotation
  - say hello. Roll to side
  - roll to pass a ball/toy
- Co-actively - turbulent towing (glide)

MOVE OWN BODY PARTS INDEPENDENTLY

Suggested activities. Co-active / supported - Ratio: 1:1

- Co-actively push away ball or toy with hands (experience a ball being moved against feet/hands)
- Look into a mirror (experience mirror being placed in front of them)
  - back float
  - upright position
- Co-actively - Kick away from side of pool (rocket ship)
- Co-actively - Reach for and grasp objects in water (experience objects being placed / held in hand
- Co-actively - Push away ball or toy with feet
- While supported - Splash / wave hands in the water
- While supported - Splash / kick legs in the water
ACCEPT AND ENGAGE IN SUPPORTED EXPLORATION OF ENVIRONMENT

Suggested activities.

Co-active / supported - Ratio: 1:1

- While supported - VERTICAL ROTATION
  - Small roll from side to side
  - Wind, rain and sun
  - Blowing egg flips
- While supported - LATERAL ROTATION
  - Say hello
  - Pass the plate
  - Sea weed
- While supported - Sitting on pool edge / STANDING AT SIDE
- Co-actively - Pushing large ball in circle activity
- Requires participation and response
- Buckets - sprinkle/pour water onto arms, legs, face etc.
- Co-actively - splash water with hands
- Co-actively - splash water with toes

Students are beginning to show an interest in the activities they are experiencing. They begin to splash, wave arms, splash and kick with their feet. Students experience different body positions and movements in the water. They will intentionally try to make contact with toys/ balls etc. They will interact with staff and students in the pool.

HEALTH KNOWLEDGE AND PROMOTION

PARTICIPATE CONSISTENTLY AND INTENTIONALLY WHEN BEING DRESSED AND UNDRESSED BY AN ADULT
STAGE THREE

3.1 Students begin to communicate intentionally. They seek attention through eye contact, gesture or action. They participate in shared activities with less support. They sustain concentration for short periods. They explore materials in increasingly complex ways. They remember learned responses over more extended periods.

3.2 Students greet known people and may initiate interactions. They can remember learned responses over increasing periods of time and may anticipate known events. They may respond to options and choices with actions and gestures. They actively explore objects and events for more extended periods.

MOVEMENT AND PHYSICAL ACTIVITIES

Neck and body supports and floatation aids to be worn as required
Refer to guidelines for weaning pupils off floaties

Students may:

OBSERVE THE RESULTS OF THEIR OWN ACTIONS WITH INTEREST

MOVE INDEPENDENTLY AND INTENTIONALLY AROUND IMMEDIATE ENVIRONMENT

DEMONSTRATE AN AWARENESS OF SPECIFIC BODY PARTS AND HOW THEY MOVE

IMITATE SIMPLE ACTIONS

Suggested activities.  (CO-ACTIVELY)
- With assistance - glide on front (head up). (Push with feet off pool floor) 1 metre
- With assistance - glide on back (Push with feet off pool wall/ holding rail) 1 metre
- With assistance - kick on front (head up) - crawling action
- With assistance - kick on back 1 metre
- Rotation - VERTICAL - Circle formation holding hands
- Wind, rain and sun
  - Standing blowing egg flips
- With assistance - Seaweed (upright, holding rail)
- Blow bubbles 2 seconds and lift head - repeat X 3
- Walk, jump across pool
- With assistance - Rocket ships (push off wall on back) kicking 1 Metre
- Paddle hands in water while kicking
- With assistance - Looking up into a mirror (floating) 3 seconds
- Paddle in water to collect ball/toy
- Paddle in water to take ball/toy to edge/basket
- Crawl across large mat into water (assisted entry into water)
- Roll across large mat into water (assisted entry into water)
- Paddle under noodle tunnel
- With assistance - Crawling through mat tunnel (assisted entry into water)
Song and game activities:
- Buckets with sprinkle and pour action (It’s raining it’s pouring / Tickly rain)
- Bath sponge (Incy Wincy spider / This is the way we wash our...on a Monday morning)
- Ratio 1:1 activity - Sitting on pool edge/ sitting on edge of large mat (Humpty Dumpty)
- Ratio 1:1 activity - Slide in entry off large mat (There were 4 on the edge and ....... said roll over, roll over. So they all rolled over and slid on in)
- If you’re happy and you know it, splash your___, spin around, jump up and down etc.

Students respond and show interest in their activities, they experience the feeling of buoyancy and the sensation of water on the body in a range of body positions and movements. With assistance (co-actively) students are expanding on their confidence in the water and increasing distances, skills and position awareness (crawling across mat, paddle under tunnel. Safety skills are being introduced with slide in entry and blowing bubbles. Awareness of body parts – incy wincy spider, if you’re happy)

HEALTH KNOWLEDGE AND PROMOTION

Students may:

PARTICIPATE IN DRESSING ACTIVITIES WITH LESS SUPPORT

KNOW WHEN THEY ARE UNCOMFORTABLE; HOT, COLD, WET
STAGE FOUR

MOVEMENT AND PHYSICAL ACTIVITIES

Student movement patterns are established and they perform single actions. They respond to simple commands and recognize familiar pieces of equipment.

Students may:

DEMONSTRATE ESTABLISHED MOVEMENT PATTERNS

PERFORM SINGLE ACTIONS, EG. ROLLING, RUNNING, STAMPING, SPLASHING

NEGOTIATE AN APPROPRIATE PATHWAY WHEN MOVING BOTH INDOORS AND OUTDOORS

RECOGNISE FAMILIAR PIECES OF EQUIPMENT (KICKBOARD, NOODLE ETC.)

ENGAGE IN PARALLEL ACTIVITIES IN FAMILIAR ENVIRONMENTS SHOWING SOME AWARENESS OF SPACE

EXPERIENCE MOVING ON PLAY EQUIPMENT

RESPOND TO SIMPLE COMMANDS, EG. STOP AND GO

SHOW AWARENESS OF CAUSE AND EFFECT

RECOGNISE THE NEED TO CHANGE CLOTHING FOR FAMILIAR PHYSICAL ACTIVITIES, EG. SWIMMING

Suggested activities.

- With assistance - glide on front (head up). (Push with feet off pool floor) 2 metres
- With assistance glide on back (Push with feet off pool wall / holding rail) 2 metres
- Kick on front (head up) - flutter kick action 3 metres

- Rotation - VERTICAL - Circle formation holding hands
  - Wind, rain and sun
  - Walking blowing egg flips
- Blow bubbles 3 seconds (encourage eyes in the water) lift head - repeat X 3
- With assistance - kick on back 3 metres
- Walk, jump, run, walk sideways across pool (using arms to balance)
- With assistance - Star float 5 seconds
- With assistance - Rocket ships (push off wall with feet /holding rail) kicking 2 metres
- With assistance - star float 5 seconds
- Paddle in water with arm and leg action to collect a ball/toy
- Hold toy **torpedo hands** take to edge/basket
- Crawl across large mat into water (**NO assistance**)
- Roll across large mat into water (**NO assistance**)
- With assistance - Walk across large mat - jump into water with **assistance**
- Crawl through tunnel without assistance and enter water
- Tolerates water on face and blinks water from eyes
- With assistance - Safe entry from edge of pool (with song)
- Large mat - kicking on front (introduces an unsupported body position) - knees level with edge of mat
- Large mat - kicking on back (Introduces an unsupported body position - hold mirror behind students heads to encourage correct head position) - knees level with edge of mat

**SONG AND GAME ACTIVITIES**

- Jelly on a mat (Students learn to control body balance on a moving, unstable surface)
- Coloured corners - Using matching balls and hoops (colour matching activity with movement and purpose.)
- Noodle train ride (**introducing equipment**)
- I'm a little pancake (body rotation and breath control expansion, head remains clear of the water)
- Activity board - space ships (eye contact, reaching and grasping)

**SAFETY ACTIVITIES**

- Returns to pool edge and holds rail between activities
- **Monkey along rail for 4 metres** (hand over hand, pulling along hand rail)
- Swim to pool edge from **1 metre** and hold hand rail (Independent skill introduction)
- With assistance - climb out of pool

Students are expanding on previously learnt skills. Distances in activities are increasing with some independent movements, Safety skills are expanded with returning to pool edge being a continual safety skill throughout all swimming stages.

**HEALTH KNOWLEDGE AND PROMOTION**

Students follow familiar health routines and respond appropriately to requests containing key words in relation to personal care and safety

**Students may:**

**REMOVE OWN UNFASTENED CLOTHING WITH PHYSICAL PROMPTS**

**DRESS WHEN CLOTHES HELD IN POSITION BY AN ADULT**

**DEVELOP SAFETY AWARENESS EG. SLIPPERY FLOOR, DEEP WATER, HOLDING ONTO RAIL / SITTING ON EDGE BETWEEN ACTIVITIES**

**LET OTHERS KNOW WHEN THEY ARE UNCOMFORTABLE; HOT, COLD, WET**
STAGE FIVE

MOVEMENT AND PHYSICAL ACTIVITY
Students anticipate the next step in familiar physical routines, show that actions have consequences and predict outcomes to activities.

Students may:

EXPLORE A VARIETY OF MOVEMENTS

MOVE SPONTANEOUSLY WITHIN AVAILABLE SPACE

LINK TWO ACTIVITIES IN SEQUENCE EG. EAR AND BUBBLES, ARM AND LEG ACTIONS

FOLLOW SIMPLE MOVEMENT INSTRUCTIONS, SUCH AS KICK, BUBBLES, BIG ARMS

DEMONSTRATE BASIC CONCEPTS EG. MAKING BIG AND LITTLE SPLASHES IN THE POOL

EXPERIENCE AND LEARN THE VOCABULARY OF MOVEMENT EG. STOP, GO, FAST, SLOW, HIGH, LOW

EXPERIENCE CHALLENGES, USING A RANGE OF EQUIPMENT KICKBOARDS, NOODLES

TAKE TURNS WITH A PARTNER OR IN A SMALL GROUP

RECOGNISE AND COLLECT, ON REQUEST FAMILIAR PIECES OF EQUIPMENT EG. BALLS, TOYS

USE SMALL AND LARGE EQUIPMENT FOR A PURPOSE

Suggested activities:
- Slide in entry from pool edge - verbal prompts from teacher - No assistance
- Glide on front - head up - (encourage / demonstrate eyes in water, chin on chest). (Push with feet off pool floor) 3 metres
- Assistance as required - Rocket ships (Push off wall with feet / holding rail) kicking 4 metres
- Torpedo arms and kick on front - eyes in 2 metres
- Kick on front (noodle behind back) 4 metres
- Kick on back (noodle behind back) 4 metres
- Front - Hold onto a kickboard - kicking, blowing bubbles
  - (encourage / demonstrate eyes in, chin on chest & bubbles, lift head to
breathe) 4 metres

- Front - Hold onto a kickboard - kicking - **ear on the water** 4 metres
- Front - freestyle arms (6 big turning arms) - head up -( encourage/ demonstrate eyes in, chin on chest)
- Assistance as required - Kick on back - (kickboard on chest) kicking **4 metres**

**Safety activities:**
- With assistance - call for help
- With assistance - Signal for help
- With assistance - Hold onto rigid rescue aid and be pulled to edge
- With assistance - hold onto rescue rope - roll onto back and be pulled to edge
- **No assistance** - Swim / paddle/ make own way to pool edge from **2 metres**
- **No assistance** - Climb out of pool

**GAME ACTIVITIES**
- Swim through a hoop
- Coloured corners (BALLS AND HOOPS)
- Big as a house - jump entry song
- Inflatable giant ball
- Ball chase
- Hat relay (WALKING)
- Tunnel ball (overhead)

Activities are being expanded; equipment is being introduced as a swimming/floatation aid. 
I.e. Noodles behind backs and kickboards held with hands. Students are beginning to link activities together, (hold equipment and kick, hold equipment and ear on the water). Breathing skills are being introduced as two individual activities, (ear on the water and blowing bubbles). Safety skills are being revised and expanded. Students are learning skills through turn taking activities and games.

**HEALTH KNOWLEDGE AND PROMOTION**

Students show awareness of a range of healthy practices with regard to eating and personal presentation, hygiene and safety

**TAKE OFF OWN CLOTHING, WITH VERBAL PROMPTS, WHEN ALREADY UNFASTENED**

**PUT ON CLOTHES WHEN HELPED TO HOLD IN POSITION BY AN ADULT**

**RESPOND TO SIMPLE VERBAL REQUESTS IN FAMILIAR SITUATIONS, IN REGARD TO THEIR PERSONAL SAFETY EG. HOLD RAIL AND SIT ON EDGE BETWEEN TURNS**
STAGE SIX

MOVEMENT AND PHYSICAL ACTIVITY
Students work in pairs and in small groups cooperatively although they may need support to follow instructions to stay on task. They move in a variety of ways. They link movements in a simple sequence although they may need support to do this. They recognize small and large equipment and use it with basic control.

Students may:

MOVE CONFIDENTLY AND SAFELY IN A RANGE OF WAYS, SUCH AS ROLLING, CRAWLING, WALKING, JUMPING, SLIDING AND HOPPING

PARTICIPATE IN ORGANISED PHYSICAL ACTIVITIES, EG. GAMES AND TABLOID SPORTS

MOVE CONFIDENTLY AND SAFELY IN A RANGE OF ENVIRONMENTS, EG. SWIMMING POOL

COMBINE AND REPEAT A RANGE OF MOVEMENTS

MOVE WITH CONFIDENCE IN A VARIETY OF DIRECTIONS, EG. FORWARDS, BACKWARDS AND SIDEWAYS

DEMONSTRATE THE CONTROL NECESSARY TO HOLD A SHAPE OR FIXED POSITION, EG. STATUES

NEGOTIATE SPACE SUCCESSFULLY WHEN PLAYING RACING AND CHASING GAMES

ADJUST SPEED OR CHANGE DIRECTION TO AVOID OBSTACLES

JUMP OFF AN OBJECT AND LAND APPROPRIATELY

EXTEND THEIR VOCABULARY OF MOVEMENT SUCH AS GALLOP, SKIP, HOP

RETRIEVE, COLLECT AND CATCH OBJECTS, EG. REBOUND NET ACTIVITIES, GOAL SHOOTING

USE INCREASING CONTROL WHEN USING EQUIPMENT, EG. THROWING, CATCHING OR KICKING A BALL

PARTICIPATE IN GAMES WITH SIMPLE RULES

MOUNT STAIRS, STEPS OR CLIMBING EQUIPMENT USING ALTERNATIVE FEET

RIDE BIKES/TRIKES WITH DIRECTION AND CONTROL
Suggested activities:

**ACTIVITIES ACROSS POOL**

- Glide on front (encourage/demonstrate - eyes in water, chin on chest). (push with feet off floor, blowing bubbles **3 metres**)
- Freestyle arms (big turning arms) with kicking **4 metres**
- Backstroke arms (assisted) with kicking **X 6**
- Torpedo - (encourage/demonstrate - eyes in, chin on chest, blowing bubbles) and kicking **3 metres**
- **No assistance** - Rocket ships (with kicking and arms by sides) **4 metres**
- Kick on front (noodle behind back) EAR and BUBBLES (guided head movement) **3 metres**
- Kick on back (noodle behind back) **6 metres**
- Kick on front - kickboard - breathe and bubbles **6 metres**
- Kick on front (kickboard) straight arms - EAR and BUBBLES (guided head movement) **3 metres**
- Kick on back (kickboard OVER KNEES) **4 metres**
- Perform a seated dive off submerged step
- With assistance - Starfloat **10 seconds**
- Collect submerged toy off pool steps
- **YO-YO's X 10**

**Safety activities:**

- Without assistance - call for help
- Without assistance - signal for help
- Without assistance - hold onto rigid rescue aid and be pulled to edge
- Without assistance - hold onto rescue rope - roll onto back and be pulled to edge
- With assistance - WEARING CLOTHING - paddle / make way to pool edge from **4 metres** and CLIMB OUT of pool
- Demonstrate out of water - how to put on a P.F.D (personal floatation device) ASSISTANCE with fastenings - ZIP - CLICK - RIP

**GAME ACTIVITIES:**

- RELAYS (team activities, turn taking, simple rules)
  - freestyle
  - backstroke
  - front - kickboard or noodle - front - torpedo with baton or dumbbell
- Torpedo through hoop (expands breath control, confidence)
- Climb out of water onto an inflatable or large mat
- Coloured corners (balls and hoops)
- Coloured corners (elimination)
- Tunnel ball - dive brick under legs (eyes in and bubbles as pass brick/ sinking toy)

Students are beginning to establish breathing patterns in a water/swimming environment. Breathing in when their face is clear of the water, and blowing bubbles when their face/mouth is in the water (head movement is guided). Activities are becoming more independent, with assistance still being used in some activities. Games are introducing teamwork (relays) and rules (coloured corners elimination).
HEALTH KNOWLEDGE AND PROMOTION
Students show awareness of their own needs with regard to eating, dressing and hygiene. They are involved in routines that contribute to good practice in health and safety.

TAKE OFF OWN CLOTHING INDEPENDENTLY WHEN UNFASTENED

PUT ON OWN CLOTHES WITH VERBAL PROMPTS WITHOUT FASTENINGS

ACKNOWLEDGE THE NEED FOR HELP AND SEEK HELP WHEN NEEDED
STAGE SEVEN

MOVEMENT AND PHYSICAL ACTIVITY
Students express themselves through repetitive and simple sequences and movement patterns. Their control and coordination skills are developing. They listen to instructions and stop and start with some accuracy. They work closely in pairs and small groups. They share and wait their turn. They are aware of the changes that happen to their bodies when they are active.

Neck and body supports and floatation to be worn as required. Refer to guidelines to weaning pupils off floaties.

Students may:
SHOW INCREASING CONTROL IN USING EQUIPMENT
USE SEQUENCE OF SKILLS COMBINING HAND / FOOT AND EQUIPMENT
PARTICIPATE IN TEAM SPORTS WITH SIMPLE RULES
IDENTIFY AND COLLECT THE EQUIPMENT THEY NEED FOR A SPECIFIC GAME EG. BALL, KICKBOARD, NOODLE, DUMBELLS, HAND PADDLES
DRESS APPROPRIATELY, WITH CUES, FOR A SPECIFIC PHYSICAL ACTIVITY
USE THE VOCABULARY OF CONTROLLED EFFORT, EG. STRONG, GENTLE, HEAVY, STRETCH, REACH AND FLOPPY
ACCESS SCHOOL AND COMMUNITY VENUES FOR ORGANISED PHYSICAL ACTIVITIES, EG. SWIMMING CARNIVALS, EXTERNAL VENUES AND WATER AREAS
CONSIDER SPACE AROUND THEM AS PART OF THEIR PLANNING FOR THE WAY THEY MOVE AND USE EQUIPMENT
UNDERSTAND HOW THEY FEEL DURING PHYSICAL ACTIVITY
IDENTIFY WHEN THEY FEEL CONFIDENT AND COMPETENT WHEN PARTICIPATING IN PHYSICAL ACTIVITIES
USE APPROPRIATE VOCABULARY TO DESCRIBE THE WAY THEY FEEL DURING EXERCISE, EG. HOT, PUFFED, GOOD, TIRED
• Glide on front (eyes in water, chin on chest). (push with feet off floor, blowing bubbles) 4 metres
• Freestyle (armstroke with breathing and kicking) 6 metres (combining lateral breathing (ear and bubbles) with freestyle) Student may need manual assistance with head direction when combining all of the skills
• Seated dive off pool edge freestyle arm stroke with breathing and kicking 6 metres
• Backstroke armstroke (no assistance) with kicking 6 metres
• Torpedo through hoop (eyes in, chin on chest, blowing bubbles) and kicking 6 metres
• No assistance – rocket ships (with kicking and arms by sides) 6 metres
• Kick on front (noodle behind back) Ear and bubbles (breathing) 8 metres
• Kick on front – kickboard breathe and bubbles / ear and bubbles 8 metres
• Kick on back (noodle behind back) 8 metres
• Kick on back (kickboard over knees) 8 metres

Safety activities:
Perform all stage five and six safety activities – without assistance
Call for help
Signal for help
Hold onto rigid rescue aid and be pulled to edge
Hold onto rescue rope – roll onto back and be pulled to edge.

Stage seven safety activities:
• Without assistance – Wearing Clothing – swim to edge from 5 metres and climb out of pool
• Reach for and put on a P.F.D (personal floatation device) in the water ZIP – CLICK – RIP (ASSISTANCE WITH FASTENINGS)
• Pull self out of the water onto a floating mat / inflatable toy/ into an inflatable boat
• Retrieve a dive stick / dive brick from pool floor 1 metre depth (blowing bubbles on way down)
• Recover to a standing position from a starfloat and front float
• Jump into water – turn to face edge – swim to reach edge and climb out of pool
• Rocket ship 3 metres rotate to upright position and return to pool edge and climb out of pool

Games and activities:
• Musical statues (starting, stopping and balance)
• Water polo (turn taking, cooperation, simple rules)
• Basketball (turn taking, cooperation, simple rules)
• Warm water exercises – WITHOUT RESISTANCE AIDS) (balance, coordination, movement, strength)
• Water dancing – Using songs and actions – eg. Y.M.C.A, Nutbush, Hokey Pokey, The Twist (balance, coordination, balance, free movement and fun)
Students are expanding on previously learnt skills. Students participate in skills independently. Previous safety skills are revised and expanded. Games and activities involve movement, balance, turn taking, starting, stopping, simple rules and fun. Students are combining skills (freestyle and lateral breathing), Rocket ships and rotation,

**HEALTH KNOWLEDGE AND PROMOTION**

Students manage self-care independently and are starting to show a sense of responsibility and control over their health and safety.

**Students may:**

**TAKE OFF AND PUT ON OWN CLOTHING INCLUDING SIMPLE FASTENINGS, EG. VELCRO**
Elbow flexion and extension – Chest press.

Keeping elbows tucked in by your sides; pull the back of your hands slowly towards your shoulders. Slowly push hands forwards along the water surface.

Vertical adduction and abduction

Start with arms by your sides, palms facing backwards. Raise your arms to shoulder level. Press arms slowly back down to sides.

Horizontal adduction and abduction.

Start with arms out front at shoulder level, palms facing down. Slowly slide your arms out sideways along the water surface, and back in to starting position.
Hip and knee flexion and extension.

Holding onto pool rail with one hand, starting with the outside leg, “mark time” (march) alternatively lifting one knee and then the other.

**Hip flexion.**

Holding onto pool rail, work your outside leg. Keep your leg straight and your body upright. Slowly swing your leg forward, swing leg slowly back to standing position.

Turn around and do other leg.

**Hip extension.**

Holding onto pool rail, work your outside leg. Keep your leg straight and your body upright. Slowly swing your leg back; slowly swing your leg back to standing position. DO NOT over arch your lower back.

Turn around and do other leg.
Hip flexion and extension combined with shoulder flexion and extension.

**ARMS** - Start with right arm forward, and left arm back, palms facing inwards. Keep arms straight and shoulders forward.

Change arms.

**LEGS** - Start with left leg forward and right leg back, change legs at the same time as arms.

Legs change with a small jump action.
STAGE EIGHT

MOVEMENT AND PHYSICAL EDUCATION
Students move with some control and coordination. They follow and imitate sequences and patterns in their movements. They use small and large apparatus safely. They are aware of space, themselves and others. They play simple games and may require support to follow game rules. They recognise the changes that happen to their bodies when they are active.

Students may:
PARTICIPATE ON A REGULAR BASIS IN PHYSICAL ACTIVITIES THAT MAINTAIN OR IMPROVE PHYSICAL FITNESS EG. GAMES, DANCE, FITNESS ACTIVITIES, OUTDOOR SPORTS

TRAVEL IN A VARIETY OF WAYS, USING DIFFERENT PATHWAYS, EG. STRAIGHT, CURVED OR ZIG ZAG PATHWAYS

EXPLORE DIFFERENT WAYS OF SENDING EQUIPMENT TO A PARTNER OR IN A TEAM, EG. PUSHING, THROWING, CATCHING, PASSING

DISPLAY GOOD SPORTSMANSHIP IN COMPETITIVE GAMES

PLAY FAIRLY AND PLAY BY THE RULES

FOLLOW INSTRUCTIONS, PAY ATTENTION AND ATTEMPT NEW ACTIVITIES

WORK COOPERATIVELY WITH OTHERS, EG. SHARING EQUIPMENT AND HELPING OTHERS

ENCOURAGE THE PERFORMANCE OF OTHERS DURING SPORTS AND GAMES, EG. CHEERING AT AN APPROPRIATE TIME

Floatation aids to be worn as required
Refer to guidelines for weaning pupils off floaties

Suggested activities:
- Glide on front (eyes in water, chin on chest). (push with feet off pool floor, blowing bubbles) 5 metres
- Freestyle - NO ASSISTANCE (armstroke with breathing and kicking) 8 meters (Combining lateral breathing, (ear and bubbles) with freestyle)
- Seated dive off pool edge - freestyle armstroke breathing and kicking 10 metres
- Perform a standing dive - freestyle armstroke and breathing 10 metres
- Backstroke - armstroke (no assistance) with kicking 10 metres
- Torpedo through hoop / under noodle (eyes in, chin on chest, blowing bubbles) and kicking 10 metres
- No assistance - Rocket ships (with kicking and arms by sides) 8 metres
- Demonstrate a backstroke start (hands together, arms above head at entry)
- Kick on front (noodle behind back) Ear and bubbles (breathing) 10 metres
- Kick on front (kickboard, straight arms) Ear and bubbles (breathing) 10 metres
- Kick on back (kickboard over knees) 10 metres
- Kick on back (noodle behind back) 10 metres
- PULL - BUOY Front, KICKING ONLY 7 metres
- PULL - BUOY Back, (pull - buoy between knees) Backstroke arms only 7 metres
- PULL - BUOY Back, (pull - buoy above head, straight arms) Kicking 7 metres

Safety activities:
Perform all stage five, six and seven safety activities - without assistance
Call for help.
Signal for help.
Hold onto a rigid rescue aid and be pulled to edge.
Hold onto rescue rope - roll onto back and be pulled to edge,
Recover to a standing position from a strafloat / front float.
Jump into water-turn to face edge-swim to reach edge and climb out of pool

Stage eight safety activities:
- Without assistance - WEARING CLOTHING - swim to edge from 7 metres and CLIMB OUT of pool
- Reach for and put on a P.F.D (personal floatation device) in the water. ZIP - CLICK - RIP DO UP OWN FASTENINGS
- Retrieve a dive stick / dive brick from pool floor 1.2 metres(blowing bubbles on way down)
- Recognise and throw a floating aid to a swimmer - Instruct swimmer to hold onto aid and kick to the side of the pool

Games and activities:
- Relays
  - freestyle
  - backstroke
  - front - kickboard or noodle
  - back - kickboard or noodle
  - front - torpedo or running with baton
- Coloured corners (balls and hoops)
- Coloured corners (elimination)
- Warm water exercises - WITH HAND PADDLES AND DUMBELLS FOR RESISTANCE AIDS (balance, coordination, strength)
- Water dancing - using songs and actions - eg. YMCA, Nutbush, Hokey Pokey, The Twist. (balance, coordination, free movement and fun)
Students are expanding on previously learnt skills. Students participate in skills independently. Previous safety skills are revised and expanded. Students learn to recognise and throw appropriate floating rescue aids. Resistance aids are added to warm water exercises to make it more challenging. Games and activities involve movement, balance, turn taking, starting, stopping, simple rules and fun. Students are combining skills (freestyle and lateral breathing, Rocket ships and rotation)

HEALTH KNOWLEDGE AND PROMOTION

Students anticipate their needs and complete familiar self care routines independently. They demonstrate increasing awareness of health and safety routines

Students may:
BEGIN TO RECOGNISE SAFETY RISKS TO THEMSELVES
STAGE EIGHT WARM WATER EXERCISES

Elbow flexion and extension - chest press
Using hand paddles.

Keeping elbows tucked into your sides, pull the hand paddles slowly towards your shoulders. Slowly push the hand paddles forward, keeping the hand paddles just under the water surface.

Elbow flexion and extension - chest press
Using dumbbells

Keeping elbows tucked in to your sides; pull the dumbbells slowly towards your shoulders. Slowly push the dumbbells forwards, keeping the dumbbells just under the water surface.

Elbow flexion and extension - chest press
Using a noodle.

Keeping elbows tucked into your sides, pull the noodle slowly toward your shoulders. Slowly push the noodle forwards, keeping the noodle just under the water surface.
Horizontal adduction and abduction
Using hand paddles.

Start with arms out front at shoulder level - hand paddles in a vertical position. Slide your arms out slowly, keeping the hand paddles just under the water surface. Slide arms back in.

Horizontal adduction and abduction
Using dumbbells.

Holding dumbbells, start with arms out front at shoulder level. Slowly slide your arms out sideways, keeping the dumbbells just under the water surface. Slide arms back in.

Vertical adduction and abduction
Using hand paddles.

Start with arms by your sides, hand paddles horizontal. Raise arms to shoulder level. Press arms slowly back down to sides.
Vertical adduction and abduction
Using dumbbells.

Start with arms by your sides, dumbbell bars against your legs. Slowly raise the dumbbells to shoulder level. Press the dumbbells back down to sides.

Elbow flexion and extension
Using hand paddles.

Start with hand paddles resting next to your thighs, palms facing up. Slowly raise the hand paddles up to your shoulders, palms facing shoulders. Slowly push hand paddles back down to thighs.

Elbow flexion and extension
Using dumbbells.

Start with dumbbells resting on your thighs, palms facing forwards. Slowly raise the dumbbells to your shoulders, palms facing shoulders. Slowly push the dumbbell back down to your thighs.
Hip and knee flexion and extension.

Holding onto pool rail with one hand, starting with the outside leg, “mark time” (march) alternatively lifting one knee and then the other.

**Hip flexion.**

Holding onto pool rail, work your outside leg. Keep your leg straight and your body upright. Slowly swing your leg forward, swing leg slowly back to standing position.

Turn around and do other leg

**Hip extension.**

Holding onto pool rail, work your outside leg. Keep your leg straight and your body upright. Slowly swing your leg back; slowly swing your leg back to standing position. DO NOT over arch your lower back.

Turn around and do other leg
Hip flexion and extension combined with shoulder flexion and extension. Using hand paddles.

ARMS - Start with right arm forward and left arm back, palms facing inwards. Keeping arms straight and shoulders forward. Slowly swing paddles to change arms.

LEGS - Start with left leg forward and right leg back, change legs at the same time as arms. Legs have a small jump action as they change.

Hip flexion and extension, combined with shoulder flexion and extension. Using dumbbells.

ARMS - Start with right arm forward and left arm back, palms facing inwards. Keeping arms straight and shoulders forward. Slowly swing dumbbells to change arms.

LEGS - Start with left leg forward and right leg back, change legs at the same time as arms. Legs have a small jump action as they change.
STAGE NINE

MOVEMENT AND PHYSICAL ACTIVITY
The students participate on a regular basis in physical activities that maintain or improve physical fitness. They begin to understand the importance of being physically active and follow safety procedures.

Students may:

PARTICIPATE IN REGULAR EXERCISE AND SPORT

RECOGNISE THE IMPORTANCE OF BEING PHYSICALLY ACTIVE

RECOGNISE THE IMPACT OF PHYSICAL EXERCISE ON THEIR BODY, E.G., INCREASED HEART RATE AND FASTER BREATHING

RECOGNISE THE IMPORTANCE OF PRACTICE IN LEARNING MOVEMENT SKILLS

UNDERSTAND THAT PERFORMANCE CAN BE IMPROVED

BE HELPED TO KEEP SIMPLE SCORES, E.G., ONE POINT FOR HITTING THE TARGET

FOLLOW SAFETY PROCEDURES RELATED TO PHYSICAL ACTIVITY, EQUIPMENT AND FACILITIES, E.G., THE DANGERS OF WATER AND THE RULES TO KEEP THEM SAFE

INITIATE A COMPROMISE TO RESOLVE PEER CONFLICT DURING GAMES, E.G., TAKE TURNS WITH GOAL SHOOTING OR GET ANOTHER BASKETBALL

IDENTIFY THE SPORTS THAT THEY ENJOY THROUGH THE MEDIA, E.G., FOLLOWING SPORTS ACTIVITIES OR A SPORTS CHAMPION THROUGH THE TELEVISION
Floatation aids to be worn as required
Refer to guidelines for weaning pupils off floaties

Suggested activities:
- Glide on front (eyes in water, chin on chest). (push with feet off pool floor, blowing bubbles) 7 metres
- Freestyle - NO ASSISTANCE (armstroke with breathing and kicking) 10 metres
  (Combining lateral breathing, (ear and bubbles) with freestyle)
- Standing dive off pool edge - freestyle armstroke breathing and kicking 20 metres - with 1 rest stop
- Backstroke - armstroke (no assistance) with kicking 20 metres - with 1 rest stop
- Torpedo through hoop / under noodle (eyes in, chin on chest, blowing bubbles) and kicking 12 metres
- No assistance - Rocket ships (with kicking and arms by sides) 10 metres
- Demonstrate a two hand touch turn (touch pool wall with 2 hands, pull in feet to wall, pull 1 arm down to your side, head down and throw other arm over your head so that hands come together, push off underwater and streamline)
- Kick on front (noodle behind back) Ear and bubbles (breathing) 20 metres - with 1 rest stop
- Kick on front (kickboard, straight arms) Ear and bubbles (breathing) 20 metres - with 1 rest stop
- Kick on back (kickboard above head) 20 metres - with 1 rest stop
- Kick on back (noodle behind back) 20 metres - with 1 rest stop
- PULL - BUOY Front, KICKING ONLY 10 metres
- PULL - BUOY Back, (pull - buoy between knees) Backstroke arms only 10 metres
- PULL - BUOY Back, (pull - buoy above head, straight arms) Kicking 10 metres

Safety activities:

Perform all stage five, six, seven and eight safety activities - without assistance
Call for help.
Signal for help.
Hold onto a rigid rescue aid and be pulled to edge.
Hold onto rescue rope - roll onto back and be pulled to edge,

Pull self out of the water and onto a floating mat/ inflatable toy/ into an inflatable boat,
Recover to a standing position from a starfloat/ front float.
Jump into water-turn to face edge-swim to reach edge and climb out of pool
Recognise and throw a floating aid to a swimmer - Instruct swimmer to hold onto aid and swim to the side of the pool

Stage nine safety activities:
- Without assistance - WEARING CLOTHING - swim to edge from 10 metres and CLIMB OUT of pool
- Reach for and put on a P.F.D (personal floatation device) in the water.. ZIP - CLICK - RIP DO UP OWN FASTENINGS - swim to side of the pool and climb out
- Retrieve a dive stick / dive brick from pool floor 1. 3 metres(blowing bubbles on way down)
• Throw a rescue rope to a swimmer - instruct swimmer to hold the rope and roll onto their back - (ASSISTANCE REQUIRED to help student to pull swimmer to side of the pool)

Games and activities:
• Relays
  - freestyle
  - backstroke
  - front - kickboard or noodle
  - back - kickboard or noodle
  - front - torpedo or running with baton
• Coloured corners (balls and hoops)
• Coloured corners (elimination)
• Warm water exercises - WITH NOODLES AND KICKBOARDS FOR RESISTANCE AIDS (balance, coordination, strength)
• Water dancing - using songs and actions - eg. YMCA, Nutbush, Hokey Pokey, The Twist. (balance, coordination, free movement and fun)

Students are expanding on previously learnt skills. Students participate in skills independently. Previous safety skills are revised and expanded. Students learn to recognise and throw appropriate floating rescue aids, and instruct swimmer on how to use them. Resistance aids are added to warm water exercises to make it more challenging. Games and activities involve movement, balance, turn taking, starting, stopping, simple rules and fun. Students are combining skills (freestyle and lateral breathing, Rocket ships and rotation) Students are increasing the distances they are swimming eg. 20 metres with one rest stop. Students learn to demonstrate a two handed turn so that they can continue their swimming over longer distances.

HEALTH KNOWLEDGE AND PROMOTION
Students show independence in their personal care routines and have an awareness of the changes taking place in their bodies. They follow basic safety procedures and learn about people and places that make them feel safe or unsafe and identify people that can help them.

UNDERSTAND THE NEED TO WEAR APPROPRIATE CLOTHING FOR FAMILIAR ACTIVITIES AND SITUATIONS
Elbow flexion and extension - chest press
Using hand paddles.

Keeping elbows tucked into your sides, pull the hand paddles slowly towards your shoulders. Slowly push the hand paddles forward, keeping the hand paddles just under the water surface.

Elbow flexion and extension - chest press
Using dumbbells

Keeping elbows tucked in to your sides; pull the dumbbells slowly towards your shoulders. Slowly push the dumbbells forwards, keeping the dumbbells just under the water surface.

Elbow flexion and extension - chest press
Using a noodle.

Keeping elbows tucked into your sides, pull the noodle slowly toward your shoulders. Slowly push the noodle forwards, keeping the noodle just under the water surface.
Elbow flexion and extension – chest press
Using a kickboard.

Keeping elbows tucked in by your sides, hands on either side of the kickboard. (Kickboard in upright position), pull the kickboard slowly toward your chest. Slowly push the kickboard forward through the water. (Kickboard is just under the water surface).

Horizontal adduction and abduction
Using hand paddles.

Start with arms out front at shoulder level – hand paddles in a vertical position. Slide your arms out slowly, keeping the hand paddles just under the water surface. Slide arms back in.

Horizontal adduction and abduction
Using dumbbells.

Holding dumbbells, start with arms out front at shoulder level. Slowly slide your arms out sideways, keeping the dumbbells just under the water surface. Slide arms back in.
Vertical adduction and abduction
Using hand paddles.

Start with arms by your sides, hand paddles horizontal. Raise arms to shoulder level. Press arms slowly back down to sides.

Vertical adduction and abduction
Using dumbbells.

Start with arms by your sides, dumbbell bars against your legs. Slowly raise the dumbbells to shoulder level. Press the dumbbells back down to sides.

Elbow flexion and extension
Using hand paddles.

Start with hand paddles resting next to your thighs, palms facing up. Slowly raise the hand paddles up to your shoulders, palms facing shoulders. Slowly push hand paddles back down to thighs.
Elbow flexion and extension- Using dumbbells.

Start with dumbbells resting on your thighs, palms facing forwards. Slowly raise the dumbbells to your shoulders, palms facing shoulders. Slowly push the dumbbell back down to your thighs.

Hip and knee flexion and extension- Using a noodle.

Holding one end of the noodle in each hand, place the centre of the noodle under one foot. Working the leg with the noodle under the foot, control the lift of the knee (do not lift knee higher than hip). Slowly push foot back down to floor. Do other leg.

Hip flexion.

Holding onto pool rail, work your outside leg. Keep your leg straight and your body upright. Slowly swing your leg forward, swing leg slowly back to standing position.

Turn around and do other leg.
Hip extension.

Holding onto pool rail, work your outside leg. Keep your leg straight and your body upright. Slowly swing your leg back; slowly swing your leg back to standing position. DO NOT over arch your lower back.

Turn around and do other leg

Hip flexion and extension combined with shoulder flexion and extension. Using hand paddles.

ARMS - Start with right arm forward and left arm back, palms facing inwards. Keeping arms straight and shoulders forward. Slowly swing paddles to change arms.

LEGS - Start with left leg forward and right leg back, change legs at the same time as arms. Legs have a small jump action as they change.

Hip flexion and extension, combined with shoulder flexion and extension. Using dumbbells.
ARMS - Start with right arm forward and left arm back, palms facing inwards. Keeping arms straight and shoulders forward. Slowly swing dumbbells to change arms.

LEGS - Start with left leg forward and right leg back, change legs at the same time as arms. Legs have a small jump action as they change.
STAGE TEN

MOVEMENT AND PHYSICAL ACTIVITY
Students understand that physical activity provides opportunities for fun, enjoyment, challenge and self expression. They demonstrate responsible and safe behaviour, effective communication, cooperation and sportsmanship.

Students may:

RECOGNISE PHYSICAL ACTIVITY AS A FUN AND ENJOYABLE EXPERIENCE

DISPLAY A WILLINGNESS TO RECEIVE FEEDBACK THAT IMPROVES PERFORMANCE

DEMONSTRATE THE IMPORTANCE OF USING EQUIPMENT AND FACILITIES CORRECTLY

RECOGNISE THE IMPORTANCE OF, AND TAKE RESPONSIBILITY, FOR, WEARING THE PROPER ATTIRE FOR SPORT AND PHYSICAL ACTIVITIES

RECOGNISE GOOD SPORTSMANSHIP

OBSERVE THE OPINIONS OF THOSE WHO ARE IN AUTHORITY DURING A GAME, E.G. THE REFEREE

BE AWARE OF THE SCORE DURING THE GAME

RECOGNISE PHYSICAL ACTIVITY AND SPORT AS A MEANS OF SOCIAL INTERACTION

RECOGNISE AND USE社會ALLY ACCEPTABLE CONFLICT RESOLUTION SKILLS IN SPORT

RECOGNISE THAT THE HEART IS ALWAYS BEATING AND PUMPING BLOOD TO THE MUSCLES AND THE REST OF THE BODY


Suggested activities

MOVEMENT AND PHYSICAL ACTIVITY
The students participate on a regular basis in physical activities that maintain or improve physical fitness. They begin to understand the importance of being physically active and follow safety procedures.
Students may:

PARTICIPATE IN REGULAR EXERCISE AND SPORT

RECOGNISE THE IMPORTANCE OF BEING PHYSICALLY ACTIVE

RECOGNISE THE IMPACT OF PHYSICAL EXERCISE ON THEIR BODY, EG. INCREASED HEART RATE AND FASTER BREATHING

RECOGNISE THE IMPORTANCE OF PRACTICE IN LEARNING MOVEMENT SKILLS

UNDERSTAND THAT PERFORMANCE CAN BE IMPROVED

BE HELPED TO KEEP SIMPLE SCORES, EG. ONE POINT FOR HITTING THE TARGET

FOLLOW SAFETY PROCEDURES RELATED TO PHYSICAL ACTIVITY, EQUIPMENT AND FACILITIES, EG. THE DANGERS OF WATER AND THE RULES TO KEEP THEM SAFE

INITIATE A COMPROMISE TO RESOLVE PEER CONFLICT DURING GAMES, EG. TAKE TURNS WITH GOAL SHOOTING OR GET ANOTHER BASKETBALL

IDENTIFY THE SPORTS THAT THEY ENJOY THROUGH THE MEDIA, EG. FOLLOWING SPORTS ACTIVITIES OR A SPORTS CHAMPION THROUGH THE TELEVISION

Floatation aids to be worn as required
Refer to guidelines for weaning pupils off floaties

Suggested activities:

- Glide on front (eyes in water chin on chest). (push with feet off pool floor, blowing bubbles) 7 metres
- Freestyle - NO ASSISTANCE (armstroke with breathing and kicking) 20 metres - two hand turn - to continue swim to 20 metres (Combining lateral breathing, ear and bubbles) with freestyle - continual swim at external venue
- Standing dive off pool edge - freestyle armstroke breathing and kicking 20 metres - with two hand turn / continual swim at external venue
- Backstroke - armstroke (no assistance) with kicking 20 metres - with two hand turn / continual swim at external venue
- Torpedo through hoop / under noodle (eyes in, chin on chest, blowing bubbles) and kicking
- No assistance - kicking on back with arms by sides) 20 metres - roll to front - two hand turn / continual at external venue
- Kick on front (noodle behind back) Ear and bubbles (breathing) 20 metres - touch
end and continue / continual at external venue

- Kick on front (kickboard, straight arms) Ear and bubbles (breathing) **20 metres** - touch end and continue / continual at external venue
- Kick on back (kickboard above head) **20 metres** - touch end and continue / continual at external venue
- Kick on back (noodle behind back) **20 metres** - touch end and continue / continual at external venue
- PULL - BUOY  Front, KICKING ONLY **20 metres** - touch end and continue / continual at external venue
- PULL - BUOY  Back, (pull - buoy between knees) Backstroke arms only **20 metres** - touch end and continue / continual at external venue
- PULL - BUOY  Back, (pull buoy above head, straight arms) Kicking **20 metres** - touch end and continue / continual at external venue
- Rocket ships - kicking on back, arms by sides - kick **8 metres** - rotate onto front and return to edge.

Students are expanding on previously learnt skills. Students participate in skills independently. Previous safety skills are revised and expanded. Students learn to recognise and throw appropriate floating rescue aids, and instruct swimmer on how to use them. Resistance aids have positions altered to make warm water exercises more challenging. Games and activities involve movement, balance, turn taking, starting, stopping, simple rules and fun. Students are combining skills (freestyle and lateral breathing, Rocket ships and rotation) Students are increasing the distances they are swimming e.g. 20 metres with a two hand turn, or 20 metres continual swim at an external swimming venue.

**PROGRESSING TO:**

**Suggested activities:**

- **Freestyle - NO ASSISTANCE** (armstroke with breathing and kicking) **25 metres**  
  Combining lateral breathing,( ear and bubbles) with freestyle
- Standing dive off pool edge - **freestyle** armstroke breathing and kicking **25 metres**
- **Backstroke** - armstroke **(no assistance)** with kicking **25 metres**
- Torpedo through hoop / under noodle (eyes in, chin on chest, blowing bubbles) and kicking
- **No assistance** - kicking on back with arms by sides) **25 metres**
- Kick on front ( noodle behind back) Ear and bubbles (breathing) **25 metres**
- Kick on front (kickboard, straight arms) Ear and bubbles (breathing) **25 metres**
- Kick on back (kickboard above head, straight arms) **25 metres**
- Kick on back (noodle behind back) **25 metres**
- PULL - BUOY  Front, KICKING ONLY **25 metres**
- PULL - BUOY  Back, (pull - buoy between knees) Backstroke arms only **25 metres**
- PULL - BUOY  Back, (pull buoy above head, straight arms) Kicking **20 metres** - touch end and continue / continual at external venue

**Safety activities:**

Perform all stage five, six, seven, eight and nine safety activities - without assistance
Call for help.
Signal for help.
Hold onto a rigid rescue aid and be pulled to edge.
Hold onto rescue rope - roll onto back and be pulled to edge.

Pull self out of the water and onto a floating mat/ inflatable toy/ into an inflatable boat,
Recover to a standing position from a starfloat/ front float.
Jump into water-turn to face edge-swim to reach edge and climb out of pool
Recognise and throw a floating aid to a swimmer - Instruct swimmer to hold onto aid and swim to the side of the pool

Stage ten safety activities

- Without assistance - WEARING CLOTHING - swim to edge from 10 metres and CLIMB OUT of pool
- Reach for and put on a P.F.D (personal floatation device) in the water.. ZIP - CLICK - RIP -DO UP OWN FASTENINGS - swim to side of the pool and climb out
- Retrieve a dive stick / dive brick from pool floor 1. 5 metres (blowing bubbles on way down)
- Throw a rescue rope to a swimmer - instruct swimmer to hold the rope and roll onto their back - (ASSISTANCE REQUIRED) to help pull swimmer to side of pool

Games and activities:

- Water running (wearing hydrotherapy belt) - (increases heart rate and fitness) 20 SECONDS WALKING / 20 SECOND SPRINTS
- Warm water exercises - WITH A VARIETY OF RESISTANCE AIDS (balance, coordination, strength)
- Water dancing - using songs and actions - eg. YMCA, Nutbush, Hokey Pokey, The Twist. (balance, coordination, free movement and fun)
- Sailability program
- Interschool squad events - Training sessions at public venues

Students are expanding on strength, stamina fitness and swimming skills. Activities are based on 25 metre squad events, Students participate in skills independently. Previous safety skills are revised. Warm water exercises uses a variety of resistance aids to make exercises more challenging and fun. Games and activities involve movement, balance, turn taking, starting, stopping, simple rules and fun. Students are expanding the distance they swim in freestyle, backstroke, kick only and arm only drills. Improving technique and showing accomplishment. (Swimming an entire length of a public swimming facility,) Mixing with patrons and enjoying public facilities.

HEALTH KNOWLEDGE AND PROMOTION

Students identify healthy eating practices and the eating behaviours that contribute to good health. They follow safety rules and safe practices in relation to medicines, household products and other substances. They are responsible for their own personal care and personal wellbeing.
Students may:
UNDERSTAND THE APPROPRIATE CLOTHING IN VARIOUS SITUATIONS.

RECOGNISE AND SHOW APPROPRIATE BEHAVIOUR IN PUBLIC FACILITIES AND PROGRAMS.
Elbow flexion and extension – chest press

Keep elbows tucked in by your sides; pull the back of your hands slowly towards your shoulders. Slowly push hands forwards along the water surface.

Elbow flexion and extension – chest press
Using hand paddles.

Keeping elbows tucked into your sides, pull the hand paddles slowly towards your shoulders. Slowly push the hand paddles forward, keeping the hand paddles just under the water surface.

Elbow flexion and extension – chest press
Using dumbbells
Keeping elbows tucked in to your sides, pull the dumbbells slowly towards your shoulders. Slowly push the dumbbells forwards, keeping the dumbbells just under the water surface.

**Elbow flexion and extension - chest press**
*Using a noodle.*

Keeping elbows tucked into your sides, pull the noodle slowly toward your shoulders. Slowly push the noodle forwards, keeping the noodle just under the water surface.

**Elbow flexion and extension - chest press**
*Using a kickboard.*

Keeping elbows tucked in by your sides, hands on either side of the kickboard. (Kickboard in upright position), pull the kickboard slowly toward your chest. Slowly push the kickboard forward through the water. (Kickboard is just under the water surface).
Elbow flexion and extension – chest press
Using a kickboard.

Keeping elbows tucked in by your sides, one hand on each end of the kickboard. (Kickboard in sideways position), slowly pull the kickboard your chest. Slowly push the kickboard forward through the water. (Kickboard is just under the water surface).

Horizontal adduction and abduction.

Start with arms out front at shoulder level, palms facing down. Slowly slide your arms out sideways along the water surface, and back in to starting position.

Horizontal adduction and abduction
Using hand paddles.

Start with arms out front at shoulder level - hand paddles in a vertical position. Slide your arms out slowly, keeping the hand paddles just under the water surface. Slide arms back in.
Horizontal adduction and abduction
Using dumbbells.

Holding dumbbells, start with arms out front at shoulder level. Slowly slide your arms out sideways, keeping the dumbbells just under the water surface. Slide arms back in.

Vertical adduction and abduction

Start with arms by your sides, palms facing backwards. Raise your arms to shoulder level. Press arms slowly back down to sides.

Vertical adduction and abduction
Using hand paddles.

Start with arms by your sides, hand paddles horizontal. Raise arms to shoulder level. Press arms slowly back down to sides.
Vertical adduction and abduction
Using dumbbells.

Start with arms by your sides, dumbbell bars against your legs. Slowly raise the dumbbells to shoulder level. Press the dumbbells back down to sides.

Elbow flexion and extension
Using hand paddles.

Start with hand paddles resting next to your thighs, palms facing up. Slowly raise the hand paddles up to your shoulders, palms facing shoulders. Slowly push hand paddles back down to thighs.

Elbow flexion and extension
Using dumbbells.

Start with dumbbells resting on your thighs, palms facing forwards. Slowly raise the dumbbells to your shoulders, palms facing shoulders. Slowly push the dumbbell back down to your thighs.
**Hip and knee flexion and extension.**

Holding onto pool rail with one hand, starting with the outside leg, “mark time” (march) alternatively lifting one knee and then the other.

**Hip and knee flexion and extension**

**Using a noodle.**

Holding one end of the noodle in each hand, place the centre of the noodle under one foot. Working the leg with the noodle under the foot, control the lift of the knee (do not lift knee higher than hip). Slowly push foot back down to floor.

Do other leg.
**Hip flexion.**

Holding onto pool rail, work your outside leg. Keep your leg straight and your body upright. Slowly swing your leg forward, swing leg slowly back to standing position.

Turn around and do other leg.

**Hip extension.**

Holding onto pool rail, work your outside leg. Keep your leg straight and your body upright. Slowly swing your leg back; slowly swing your leg back to standing position. DO NOT over arch your lower back.

Turn around and do other leg.
Hip flexion and extension combined with shoulder flexion and extension.

**ARMS** - Start with right arm forward, and left arm back, palms facing inwards. Keep arms straight and shoulders forward.
Change arms.

**LEGS** - Start with left leg forward and right leg back, change legs at the same time as arms.
Legs change with a small jump action.
Hip flexion and extension combined with shoulder flexion and extension. Using hand paddles.

**ARMS** - Start with right arm forward and left arm back, palms facing inwards. Keeping arms straight and shoulders forward. Slowly swing paddles to change arms.

**LEGS** - Start with left leg forward and right leg back, change legs at the same time as arms. Legs have a small jump action as they change.

Hip flexion and extension, combined with shoulder flexion and extension. Using dumbbells.

**ARMS** - Start with right arm forward and left arm back, palms facing inwards. Keeping arms straight and shoulders forward. Slowly swing dumbbells to change arms.

**LEGS** - Start with left leg forward and right leg back, change legs at the same time as arms. Legs have a small jump action as they change.