**Term Plan 2023- 2024 Swimming Christmas Grade 8 & 9**

**2023 - 2024**

**TERM ONE: SEPTEMBER– DECEMBER**

**Systems: Swim Activity**

|   **DATE** |  **WEEK** |  **UNIT/ TOPIC****PRACTICAL** |  **OBJECTIVES** | **PREPARATION FOR NEXT CLASS** | **ASSIGNMENTS AND ASSESSMENTS** |
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| **SEPTEMBER**  |
| **September 11 - 22** | **WEEK 1 & 2** | **Rules and Protocols****Attendance****Grading Scheme****(how they are going to be graded)** **Discussion of timetable** | **Student should be able to:**1. Recall all the rules surrounding the pool
 | Watch video on different types of floats used when in water that can help to stay above the surface. | **Asynchronous activity** |
| **September 25-Oct 6** | **WEEK 3 & 4** | **Topic: Eliminations for Sports Day Revision of Freestyle**  | **Student should be able to:**Students who are advanced will swim a length and beginners swim across two which will contribute points towards sports day and building water confidence in beginners is essential to making progress. | Asynchronous activity Preparation for next class Make note on streamline/glide and come prepared to be questioned on the topic. | **Research Assignments:**Students will be placed in groups of 5-6 and will be asked to research the history of swimming.  |
|   **OCTOBER** |  |
|  **October 9-20** |  **WEEK 5 & 6** |  **Topic: Front Crawl/ Freestyle (Breathing)**  |  **Students should be able to:** 1.demonstrate proper streamline and gliding technique, which are fundamental for efficient swimming  |  **Asynchronous activity** Research AssignmentsPreparation for next classWatch videos of breaststroke.  Watch videos of the flutter kick in Freestyle.Watch  | **Research Assignment** Research life saving skill in groups of 51. Side Stroke
2. Life saving leg kick
3. Elementary back
4. Entry into water
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| **OCT 23-27 1st Six Week Test**  |
| **NOVEMBER** |
| **October 30 - November 10** | **WEEK 8 & 9** | **Topic : Breaststroke** |  **Students should be able:** 1.to perform breaststroke with proper technique, including arm and leg movement, timing and body position.  |  **Asynchronous activity** Research AssignmentsPreparation for next classWatch videos of swim athletes treading .  | **Research Assignment** Each student must research what are the two water treading techniques. |
| **November 13- 24** | **WEEK 10 & 11** | **Topic : Treading**  | **Students should be able to:** 1. tread water effectively, demonstrating proper technique and the ability to maintain their position safely . | **Asynchronous activity** Preparation for graded practical next class  | **Research Assignment**Ask yourself which treading technique works for you |
|  **November 27- Dec 1**  |  **WEEK 12** |  **2nd Practical**  |  Students will graded on treading . |  **Prepare for Six Weeks Test** | **Final examination on Freestyle**  |
|  DECEMBER |
|  DECEMBER 4-8 2nd SIX WEEK TEST |
|  **December 11-15** |  **WEEK 7** |  Topic: Revision  |  Correcting students strokes and technique  |  **Asynchronous activity**  |  |
| DECEMBER 19 END OF TERM  |  |