**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** |
| --- | --- | --- | --- | --- | --- |
| **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 Assignments  Preparation for next class  Watch videos of breaststroke.    Watch videos of the flutter kick in Freestyle.  Watch | **Research Assignment**  Research life saving skill in groups of 5   1. Side Stroke 2. Life saving leg kick 3. Elementary back 4. Entry into water |
| **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 Assignments  Preparation for next class  Watch 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 | | | | |  |