

Topic/Project: Personal Survival (Year 9)	Timescale: <u>Term</u>				
Learning Intentions/Outcomes	Activities	Resources (including ICT)	Extension Activities / Homework	Assessment for Learning Opportunities	Cross Curricular Links (SMSCD, with other subjects)
To improve knowledge and understanding of entries,	Straddle, straight, slide.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of treading water.	Treading water 3 mins. Recover to side and climb out.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of surface dives	Retrieval 1.5 metres.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of rope throws.	Coil rope correctly. Increase speed. Throw correctly and accurately. Tow effectively	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of floating.	Float on back and front. Turn from back and front floats to standing	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of Life-saving backstroke	Demonstrate correct technique 2 widths.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid

To improve knowledge and understanding of Life-saving sidestroke	Demonstrate correct technique 2 widths.	Video analysis when appropriate https://www.youtube.com/watch?v=RXpgGezjvZA	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of float and reach rescues.	Use a number of different types of equipment to effect successful rescues.	Video analysis when appropriate https://www.youtube.com/watch?v=RXpgGezjvZA	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid

Topic/Project: Personal Survival (Year 10)	Timescale: <u>Term</u>				
Learning Intentions/Outcomes	Activities	Resources (including ICT)	Extension Activities / Homework	Assessment for Learning Opportunities	Cross Curricular Links (SMSCD, with other subjects)
To improve knowledge and understanding of entries,	Straddle, straight, slide.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of treading water.	Treading water 6 mins. Recover to side and climb out. Rest 6 mins. Repeat.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid

To improve knowledge and understanding of surface dives	Retrieval 1.5 metres x 3	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of rope throws.	Coil rope correctly. Increase speed. Throw correctly and accurately. Tow effectively.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of floating.	Float on back and front. Turn from back and front floats to standing	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of Life-saving backstroke	Demonstrate correct technique towing partner 1 width.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of Life-saving sidestroke	Demonstrate correct technique towing partner 1 width.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of float and reach rescues.	Use a number of different types of equipment to effect successful rescues.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid

Topic/Project: Personal Survival (Year 11)	Timescale: <u>Term</u>				
Learning Intentions/Outcomes	Activities	Resources (including ICT)	Extension Activities /	Assessment for Learning	Cross Curricular Links (SMSCD,

			Homework	Opportunities	with other subjects)
To improve knowledge and understanding of entries,	Straddle, straight, slide.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of treading water.	Treading water 9 mins. Recover to side and climb out. Rest and repeat.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of surface dives	Retrieval 1.5 metres.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of rope throws.	Coil rope correctly. Increase speed. Throw correctly and accurately. Tow effectively	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of floating.	Float on back and front. Turn from back and front floats to standing	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of Life-saving backstroke	Demonstrate correct technique towing partner 2 widths.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and understanding of Life-saving sidestroke	Demonstrate correct technique towing partner 2 widths.	Video analysis when appropriate	Extra curricular clubs - both in and out of school	Success criteria Peer and self assessment Strategic questioning	See SMSCD grid
To improve knowledge and	Use a number of different types of	Video analysis	Extra curricular	Success criteria	See SMSCD

understanding of float and reach rescues.	equipment to effect successful rescues.	when appropriate	clubs - both in and out of school	Peer and self assessment Strategic questioning	grid
--	--	-------------------------	--	---	-------------