

Phase	Objective	Activities	Testing / Competition
Basic Back - crawl	<p>To comprehend and grasp how to confidently perform with accuracy, the basic stop and turn when reaching sides</p> <p>To know the importance of contact from the side when pushing off</p> <p>To be able to confidently perform with accuracy, the Basic Back Crawl technique</p> <p>To comprehend and grasp the different techniques used in the Back – Crawl technique</p> <p>To be able to confidently perform with accuracy, the correct leg kick and arm pull</p> <p>To comprehend and grasp how to glide</p> <p>To be able to confidently perform with accuracy, the glide</p> <p>To be able to Swim a width</p>	<p>Pupils try to scrape ears with shoulder and accurately replicate and perform one pull</p> <p>With kick board pupils accurately replicate and perform one arm practice arm pull across pool. Swap arm.</p> <p>With float between legs pupils use arms only to swim back – crawl for a width</p> <p>Pupils swim a width</p>	<p>Pupils accurately replicate and perform Back crawl for 25 metres</p> <p>- Time these</p>
	Assessment	Theoretical PE	Resilience
	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Evaluate performances of outwitting opponents when using this stroke 👁 Assess the body actions 👁 Assess the hand, leg, kicking and arm pulling co-ordination <input checked="" type="checkbox"/> Pupils analyse tactics and strategies used when using this stroke <input checked="" type="checkbox"/> Analyse strength and weaknesses in performances 👁 Measure what skills need to improve when pulling and kicking 	<p>Students review the processes that take place; Oxygen combines with haemoglobin in the red blood cells to form oxyhaemoglobin, Haemoglobin also can carry carbon dioxide.</p> <p>Students are introduced to the structure of the arteries, capillaries and veins: Size (i.e. diameter), Wall thickness, Valves (i.e. veins)</p> <p>Students look at the structure of each type of blood vessel and see how this relates to the function of the blood vessel; Carrying oxygenated/deoxygenated blood to/from the heart, Gas exchange, Vasoconstriction and vasodilation, Blood pressure</p>	<p>Students improve the way they think (positively).</p> <p>In pairs break down the skills</p> <p>Reward hardworking</p> <p>How do they respond to a challenge.</p>
Maths	Comparing data		
English	Scanning and Highlighting: Read, scan and identify key vocabulary and jargon.		
Science	Sound waves		
Equipment	Arm bands / floats, Kickboards, Buoyancy body suits, Whiteboard, Pens, Stopwatch, Whistle, TV & Video, Video player, Remote controller, Digital Camera, Peer evaluation Sheets		