

# Pupil Assessment

Pupil:

<u>P.E Focus</u>	<u>They Can Do These?</u>
Swimming	<p>Walk safely from the changing rooms and sit by the pool following life guard / staff instructions</p> <p>Climb into water in a controlled way</p> <p>Exit the pool when asked in the correct manner</p> <p>Explain why it is important to warm up and cool down</p> <p>Explain why exercise is good for your health</p> <p>Lunge across the pool</p> <p>Running and jumping across the pool in a controlled way</p> <p>Bunny bounce off floor / Jump up and down / Star jumps / stretches</p> <p>To try and sit on the bottom of the pool</p> <p>Wash their faces</p> <p>Faces in the water and breathing bubbles</p> <p>To blow balls, egg flips across the pool with their arms behind their backs</p>

# Pupil Assessment

Pupil:

Floating on the water:

Star

Mushroom

To stay on the top of the water for 30 secs

To push off from the side of the pool and glide on the top with a float

To push off from the side of the pool and glide without a float

Entering hands in water during a stroke (Paws not claws)

To be able to swim from a gliding position on their front and back

Be able to swim underwater:

To be able to pick weighted objects from the bottom of the pool

To swim through hoops at the bottom of the pool

Enter into the deep end of the pool safely in a variety of ways:

To enter the water correctly with a dive (minimal splash)

To try a variety of dives – pencil, etc

To tread water for a set period of time:

15 secs

30 secs

1 minute

# Pupil Assessment

Pupil:

Front crawl –

Practise holding onto the side of the pool

Using a float in hands – demonstrate legs (width)

Using a float between legs – demonstrate arms and breathing to the side (width)

Do full stroke (width)

Swim a length

Back stroke –

Practise holding onto the side of the pool

Using a float across chest – demonstrate legs (width)

Using a float between legs – demonstrate arms (width)

Do full stroke (width)

Swim a length

Breast stroke –

Practise on the side of the pool - Frog legs snap

Using a float in hands – demonstrate legs (width)

Using a float between legs – demonstrate arms (width)

Do full stroke (width)

Swim a length

# Pupil Assessment

Pupil:

	<p>Butterfly stroke – Practise holding onto the side of the pool Using a float in hands – demonstrate legs (width) Using a float between legs – demonstrate arms and breathing (width) Do full stroke (width) Swim a length</p> <p>To become a confident swimmer</p> <p>Breath at the correct time during the stroke(s)</p> <p>Be able to improve their speed</p>
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