**TERM PLAN 2023-2024 SWIMMING CHRISTMAS GRADE 7**

**2023 - 2024**

**TERM ONE: SEPTEMBER– DECEMBER**

**Systems: Swim Activity**

|   **DATE** |  **WEEK** |  **PRACTICAL****TOPIC** |  **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** |  | Watch video on different types of floats used when in water that can help to stay above the surface. | **Asynchronous activity** Provide a journal or log where they can track their progress and any challenges they encounter. |
|  **September 25-Oct 6** |  **WEEK 3 & 4** |  **Topic: Eliminations for Sports Day & Jellyfish and Starfish**  |  **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**  Make note on streamline/glide and come prepared to be questioned on the topic. | **Research Assignments**Research on basic streamline and glide for next class. |
|   **OCTOBER** |
|  **October 9-20** |  **WEEK 5 & 6** |  **Topic: Streamline / Glide** |  **Student should be able to:**Students should be able to demonstrate proper streamline and gliding technique, which are fundamental for efficient swimming  |  **Asynchronous activity** Watch videos of the flutter kick in Freestyle Watch videos of the flutter kick in Freestyle.Watch  | **Research Assignments**How to do flutter kicks in detail for next class. |
| **OCT 23-27 1st Six Week Test**  |
| **NOVEMBER** |
| **October 30 - November 10** | **WEEK 8 & 9** | **Topic : Flutter Kick** |  **Students should be able to:** Students should be able to perform flutter kicks effectively demonstrating proper technique and coordination.  |  **Asynchronous activity** **Preparation for next class**Watch videos of professional swimmers on the full stroke of freestyle. | **Research Assignments**Provide resources or video tutorials for further references.  |
| **November 13- 24** | **WEEK 10 & 11** | **Topic : Front Crawl/ Freestyle**  | **Students should be able to:** perform the front crawl/ freestyle with basic proficiency , including proper body position and arm movement. | **Asynchronous activity** Preparation for graded practical next class | Provide resources or video tutorials for further references.  |
|  **November 27- Dec 1**  |  **WEEK 12** |  **1st Practical**  |  Students will graded on Freestyle. |  **Final examination on Freestyle**  | **Prepare for Six Weeks Test** |
|  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  |