**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** |
| --- | --- | --- | --- | --- | --- |
| **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 | | | | | |