

CHASE SWIMMING CLUB NATIONAL TEACHING PLAN

School Term Period	National Plan Programme Level 1 & 2 ASA National Award levels 1,2&3 Beginners	National Plan Programme Level 2 & 3 ASA National Award levels 4&5 Improvers I	National Plan Programme Level 4 ASA National Award levels 6&7 Improvers II	National Plan Programme Level 5 ASA National Award levels 8+ Advanced
Spring Term 1	BREASTROKE Push and glide on the front	BREASTROKE Introduction to basic breastroke	BREASTROKE Development of basic breastroke action	BREASTROKE Development of efficient action
January	Introduction to leg action	Push and glide and body position	Concentration on leg action	Increase resistance develop strong kick
To	Introduction to arm action	Introduction to basic leg action	Development of arm action	Stroke patterns and timing
February	Swimming underwater	Introduction to basic arm action	Development of co-ordination	Development of stroke endurance
	Underwater games	Treading water	Breastroke start and turn	Individual medley turns
HALF		TERM		
Spring Term 2	SCULLING Introduction to sculling on:	BACK CRAWL Introduction to basic back crawl	BACK CRAWL Development of basic back stroke	BACK CRAWL Development of efficient action
February	front and back/forwards and backwards	Emphasis is on water confidence on the back	Emphasis on leg action	Increase resistance develop strong kick
To	Surface dives/underwater confidence	Development of basic leg action	Sculling and back crawl arm action	Emphasis on shoulder rotation
March	Entries and exits	Sculling and arm action	Back stroke start	Emphasis on head stability
	Revise breastroke legs	Water entries and exits	Back stroke turn	Starts and sprint finishes
EASTER		HOLIDAY		
Summer Term 1	BACK CRAWL Orientation confidence	BUTTERFLY Introduction to basic butterfly	FRONT CRAWL Development of basic front crawl action	FRONT CRAWL Development of efficient action
April	Regaining feet from back layout	Concentration on push and glide	Development of breathing action	Increase resistance develop strong kick
To	Push and glide on the back	Development of basic leg action	Integration of breathing into the stroke	Development of bi-lateral breathing
May	Introduction to leg and arm action	Swimming endurance	Development of an efficient stroke	Starts and finishes
HALF		TERM		
Summer Term 2	FRONT CRAWL Underwater confidence	FRONT CRAWL Introduction to basic front crawl action	BREASTROKE Development of basic breastroke action	BREASTROKE Development of efficient action
June	Eyes open (without goggles)	Push and glide and body position	Concentration on leg action	Increase resistance develop strong kick
To	Push and glide on front	Basic leg action	Development of arm action	Stroke patterns and timing
July	Introduction to leg action	Development of aquatic breathing	Development of co-ordination	Development of stroke endurance
	Introduction to arm action	Basic arm action	Breastroke start and turn	Individual medley turns
	Breathing practices and games	Surface dives		
SUMMER		HOLIDAY		
SWIMMING PROGRAMME WILL BE AT THE DISCRETION OF THE TEACHERS AND DEPEND UPON NUMBERS ATTENDING AT THE TIME				
Autumn Term 1	BACK CRAWL Orientation confidence	BACK CRAWL Introduction to basic back crawl	BUTTERFLY Development of basic butterfly action	BUTTERFLY Development of efficient action
September	Regaining feet from back layout	Emphasis is on water confidence on the back	Emphasis is on leg action	Development of co- ordination
To	Push and glide on the back	Development of basic leg action	Introduction to arm action	Development of breathing action
October	Introduction to leg action	Sculling	Introductory work on co-ordination	Aim for consistency of stroke
	Introduction to arm action	Introduction to basic arm action	Development of endurance on all strokes	Starts and turns
	Orientation games	Water entries and exits	Introduction to diving	Development of stroke endurance
HALF		TERM		
Autumn Term 2	FRONT CRAWL Underwater confidence	FRONT CRAWL Introduction to basic front crawl action	FRONT CRAWL Development of basic front crawl action	FRONT CRAWL Development of efficient action
November	Eyes open (without goggles)	Push and glide and body position	Emphasis is on leg action	Increase resistance develop strong kick
To	Push and glide on front	Basic leg action	Development of breathing action	Development of bi-lateral breathing
December	Introduction to leg action	Development of aquatic breathing	Integration of breathing into the stroke	Development of stroke endurance
	Introduction to arm action	Basic arm action	Development of front crawl endurance	Starts and turns
	Breathing practices and games	Surface dives	Introduction to start and tumble turn	Relay change overs
CHRISTMAS		HOLIDAY		