

**National Curriculum: Progression in Swimming**

All schools must provide swimming instruction in either KS1 or KS2 .

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)
- perform safe self-rescue in different water-based situations

EYFS	Year 1/2	Year 3/4	Year 5/6
<p>To enter to water safely</p> <p>To get out of water safely</p> <p>To be safe around the pool - including the changing rooms.</p> <p>To feel confident and safe in the water.</p> <p>Blow bubbles in the water</p> <p>Float with support.</p> <p>Move forwards and backwards in the water with support.</p> <p>Kick legs in water - alternating action.</p>	<p>Entering and exiting pool</p> <p>Jumping in safely</p> <p>Introduction of breaststroke</p> <p>Front and back paddle 5 meters - unaided</p> <p>10 m kicking legs with aids and blowing bubbles</p> <p>Attempt front crawl and back crawl arms</p> <p>Attempt breaststroke legs on back - with aids</p> <p>Star float</p> <p>Water safety Reach rescues</p>	<p>Focus on quality of stroke</p> <p>15 m front crawl and back stroke</p> <p>10 m breast stroke</p> <p>25 m of learners choice</p> <p>Treading water 20 secs</p>	<p>Focus on developing quality of stroke and stamina</p> <p>Swim at least 25 m , develop quality of stroke.</p> <p>50 m front crawl and back crawl</p> <p>25 m breast stroke</p> <p>75 m of learners choice</p> <p>25 m in shorts and t-shirt.</p> <p>Throwing rescue</p>

<p>Award 1</p> <ol style="list-style-type: none"> <li>1. Answer 2 water safety questions</li> <li>2. Enter the pool safely, steps, ramp, swivel</li> <li>3. Move 3 metres in the water by, walking, jumping, hopping or holding side</li> <li>4. Jump up and down in the water, holding the side if required</li> <li>5. Using aids perform an alternating leg action</li> <li>6. Blow bubbles in the water</li> <li>7. Float with support and return to a standing position</li> <li>8. Exit pool safely and unassisted</li> </ol>	<p>Award 2/3</p> <ol style="list-style-type: none"> <li>1. Swim 5 metres on front, roll and swim 5 metres on back without aids</li> <li>2. Perform 10 metres of kicking legs on front with aids, whilst blowing bubbles</li> <li>3. Attempt breaststroke legs on back with aids</li> <li>4. Whilst standing attempt front crawl arms</li> <li>5. Whilst standing attempt back crawl arms</li> <li>6. Perform a star float on front or back and hold for 5 seconds</li> <li>7. Jump in with assistance if required</li> <li>8. Perform a reach rescue</li> </ol>	<p>Award 4/5</p> <ol style="list-style-type: none"> <li>1. Swim 15 metres front crawl</li> <li>2. Swim 15 metres back crawl</li> <li>3. Swim 10 metres breaststroke</li> <li>4. Scull head first or feet first for 5 metres</li> <li>5. Attempt butterfly arms</li> <li>6. Perform a head or feet first surface dive.</li> <li>7. Swim 25 metres of learners choice (must be a recognised stroke and without aids)</li> <li>8. Jump in, tread water for 20 seconds, swim 5 metres, turn around and swim back to point of entry and climb out</li> </ol>	<p>Award 6/7</p> <ol style="list-style-type: none"> <li>1. Swim 25 metres front crawl</li> <li>2. Swim 25 metres back crawl</li> <li>3. Swim 15 metres breaststroke</li> <li>4. Perform a forward or backwards somersault</li> <li>5. Jump in, tread water for 45 seconds, swim back to point of entry and exit</li> <li>6. Swim 5 metres butterfly</li> <li>7. Perform the HELP position</li> <li>8. Perform a straddle entry into the pool</li> </ol>
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