

Swimming Progression Map

The children start their swimming lessons in year 3 and are taught by qualified swimming Instructors at the local pool; each year group attend swimming lessons every year, with non-swimmers prioritised. Children progress through the levels as their ability improves and are taught in 3 groups within each class. The aim is that all children by time they leave us in year 6 they can swim 25 metres or more confidently and competently and perform basic life-saving skills. Year 6 children that are weak or non-swimmers are given 'top up' lessons to help achieve this aim.

The children will learn:

- Basic water safety
- How to enter a pool safely
- Learning the importance of knowing your limits
- How to call for help/life saving skills
- Introduction to water and develop skills to build confidence and swim unassisted
- Swimming fundamentals – streamline, arms and kicking.
- Stroke development for freestyle, backstroke, breaststroke and butterfly
- Rhythmic breathing and endurance

Stroke Standard Expectations

5m: Basic paddle front or back, feet off the floor for the full distance, no aids.

10m: Overarm recovery on the front or back, feet off the floor for the full distance, no aids.

25m: Good propulsive and recognisable stroke actions, front crawl, backstroke or breaststroke.

Group 1	Group 2	Group 3
<p>Enter the water safely using steps, swivel or a jump and submerge.</p> <p>Move forwards, backwards and sideways for a distance of 5m.</p> <p>Move into a stretched position using aids equipment or support.</p> <p>Fully submerge to pick up an object.</p> <p>Scoop the water to wash face and hair and be at ease with water showered from overhead.</p> <p>Regain an upright position from floating on the front and the back.</p> <p>Push from the wall and glide on the front and back. Push and glide from the wall to the pool floor.</p> <p>Perform a rotation from the front to the back/back to the front and regain an upright position.</p> <p>Blow bubbles a minimum of three times with nose and mouth submerges.</p>	<p>Enter the water safely using a swivel or a jump and submerge.</p> <p>Perform a tuck float for 5 seconds.</p> <p>Kick 25m backstroke (one item of equipment may be used).</p> <p>Perform a sequence of changing shapes (minimum of three) whilst floating on the surface.</p> <p>Kick 25m on the front (one item of equipment may be used).</p> <p>Push and glide from the front with arms extended and log roll onto the back/front.</p> <p>Travel on the back and roll in one continuous movement onto the front. Travel on the front and roll in one continuous movement to the back.</p> <p>Travel on the front, tuck to rotate around the horizontal axis to return to the back.</p> <p>Kick 25m breaststroke (one item of equipment may be used).</p>	<p>Enter the water safely using different types of jumps and submerge.</p> <p>Perform a horizontal stationary scull on the back.</p> <p>Submerge to pick up an object from the pool. (reach full depth).</p> <p>Perform a head/feet first sculling action for 5m.</p> <p>Swim 10m front crawl, breaststroke or backstroke. (two out of the three must be chosen). Good stroke standard. Attempt correct breathing practices.</p> <p>Introduce butterfly stroke.</p> <p>Swim 25 m (own choice of stroke).</p> <p>Tread water for 30 seconds</p> <p>Perform a sculling sequence with a partner 30-45 seconds to include a rotation.</p> <p>In groups perform a movement sequence for one minute using different skills –</p>

<p>Take part in a teacher led partner orientated game.</p> <p>Travel horizontal or vertical 5m across the pool.</p> <p>Travel 5m/10m on the front and back across the pool.</p> <p>Demonstrate an understanding of pool rules. Have an understanding of the water safety code and answer 3 questions.</p> <p>Exit the water safely.</p>	<p>Demonstrate an understanding of pool rules. Have an understanding of the water safety code and answer 3 questions.</p> <p>Exit the water safely.</p>	<p>including treading water, floating, rotation, symmetry.</p> <p>Perform a handstand for 3 seconds.</p> <p>Perform a forward somersault tuck in the water.</p> <p>Perform a team relay, each using different strokes.</p> <p>Take part in a game of water polo.</p> <p>Discuss in your group tactics and skills used and evaluate.</p> <p>Exit the pool safely.</p>
---	---	--

Life Saving Skills

Enter the water safely, tread water for 20 seconds, float or scull waving one arm and shouting for help.

Swim 25m to a floating object (own choice of stroke), demonstrate the HELP position. Swim 10 m retaining a floating object.

In groups demonstrate the huddle position.

Swim using long front paddle to the side (survival stroke).

Exit the pool from at least full reach depth without using steps.

Discuss as a group when the above skills might be used to self-rescue in different situations.