

## Senacre Wood Primary Swimming skills progression.

Overall learning outcomes from the National Curriculum to be taught:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.

The following skills are to be assessed at the end of each stage:

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7
<ol style="list-style-type: none"> <li>1. Enter the water safely.</li> <li>2. Move forwards for a distance of 5m.</li> <li>3. Move backwards for a distance of 5m.</li> <li>4. Move sideways for a distance of 5m.</li> <li>5. Scoop the water and wash face.</li> <li>6. Be at ease with water showered from overhead.</li> <li>7. Move into a stretched floating</li> </ol>	<ol style="list-style-type: none"> <li>1. Jump in from poolside safely.</li> <li>2. Blow bubbles a minimum of 3 rhythmically with nose and mouth submerged.</li> <li>3. Regain upright position from the back without support.</li> <li>4. Regain an upright position from the front with support.</li> </ol>	<ol style="list-style-type: none"> <li>1. Jump in from poolside and submerge.</li> <li>2. Sink, push away from wall and maintain a streamlined position.</li> <li>3. Push and glide on the front with arms extended and log roll onto the back.</li> <li>4. Push and glide on the back with arms extended and log roll onto the front.</li> <li>5. Travel 5 metres on the front, perform a tuck</li> </ol>	<ol style="list-style-type: none"> <li>1. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.</li> <li>2. Push and glide from the wall towards the pool floor.</li> <li>3. Kick 10 metres backstroke (one item of equipment optional).</li> <li>4. Kick 10 metres front crawl (one item of</li> </ol>	<ol style="list-style-type: none"> <li>1. Perform a flat stationary scull on the back.</li> <li>2. Perform a feet first sculling action for 5 metres in a flat position on the back.</li> <li>3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.</li> <li>4. Tread water for 30 seconds.</li> <li>5. Perform three different shaped jumps into deep water.</li> <li>6. Push and glide and swim 10 metres backstroke (performed to</li> </ol>	<ol style="list-style-type: none"> <li>1. Give two examples of how to prepare for exercise and understand why it is important.</li> <li>2. Sink, push off on side from the wall, glide, kick and rotate into backstroke.</li> <li>3. Sink, push off on side from the wall, glide, kick and rotate into front crawl.</li> <li>4. Swim 10 metres wearing clothes.</li> <li>5. Push and glide and swim front crawl to include at least six</li> </ol>	<ol style="list-style-type: none"> <li>1. Push and glide and swim 25 metres backstroke (performed to Swim England expected standards).</li> <li>2. Push and glide and swim 25 metres front crawl (performed to Swim England expected standards).</li> <li>3. Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).</li> <li>4. Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).</li> <li>5. Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills: <i>Sculling</i>: head first, feet first</li> </ol>

<p>position using aids, equipment or support.</p> <p>8. Regain an upright position from on the back, with support.</p> <p>9. Regain an upright position from on the front, with support.</p> <p>10. Push and glide in a horizontal position to or from a wall.</p> <p>11. Take part in a teacher led partner oriented game.</p> <p>12. Demonstrate an understanding of pool rules.</p> <p>13. Exit the water safely.</p>	<p>5. Push from wall and glide on the back.</p> <p>6. Push from wall and glide on the front.</p> <p>7. Travel on the back for 5m, aids or equipment may be used.</p> <p>8. Travel on the front for 5m, aids or equipment may be used.</p> <p>9. Perform a rotation from the front to the back to gain an upright position.</p> <p>10. Perform a rotation from the back to the front to gain an upright position.</p>	<p>to rotate onto the back and return on the back.</p> <p>6. Fully submerge to pick up an object.</p> <p>7. Correctly identify three of the four key water safety messages.*</p> <p>8. Push and glide and travel 10 metres on the back.</p> <p>9. Push and glide and travel 10 metres on the front.</p> <p>10. Perform a tuck float and hold for three seconds.</p> <p>11. Exit the water without using steps</p>	<p>equipment optional).</p> <p>5. Kick 10 metres butterfly on the front or on the back.</p> <p>6. Kick 10 metres breaststroke on the front (one item of equipment optional).</p> <p>7. Perform a head first sculling action for 5 metres in a flat position on the back.</p> <p>8. Travel on back and log roll in one continuous movement onto front.</p> <p>9. Travel on front and log roll in one continuous movement onto back.</p> <p>10. Push and glide and swim 10 metres, choice of stroke is optional.</p>	<p>Swim England expected standards).</p> <p>7. Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).</p> <p>8. Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).</p> <p>9. Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).</p> <p>10. Perform a handstand and hold for a minimum of three seconds.</p> <p>11. Perform a forward somersault.</p> <p>12. Demonstrate an action for getting help.</p>	<p>rhythmical breaths.</p> <p>6. Push and glide and swim breaststroke to include at least six rhythmical breaths.</p> <p>7. Push and glide and swim butterfly to include at least three rhythmical breaths.</p> <p>8. Push and glide and swim backstroke to include at least six regular breaths.</p> <p>9. Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards).</p> <p>10. Perform a 'shout and signal' rescue.</p> <p>11. Perform a surface dive</p>	<p><i>Rotation:</i> forward or backward somersault, log roll</p> <p><i>Floating:</i> star on the front or on the back, tuck float, create own</p> <p><i>Eggbeater:</i> Moving, lifting one or both arms out of the water</p> <p>6. Perform a sitting dive or dive.</p> <p>7. Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).</p> <p>8. Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).</p> <p>9. Tread water using eggbeater action for 30 seconds.</p> <p>10. Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout</p>
--	--	---	--	---	---	---