

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 will be assessed at each stage:

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

	<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>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>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>6. Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).</p> <p>7. Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).</p> <p>8. Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).</p> <p>9. Perform a handstand and hold for a minimum of three seconds.</p> <p>10. Perform a forward somersault.</p> <p>11. Demonstrate an action for getting help</p>	<p>least six 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 sitting surface dive</p>	<p>4. Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).</p> <p>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: Sculling: head first, feet first Rotation: forward or backward somersault, log roll Floating: star on the front or on the back, tuck float, create own Eggbeater: Moving, lifting one or both arms out of the water 6. Perform a sitting surface dive. 7. Push and glide and swim 50 metres continuously using one stroke</p>
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*Skills informed by from Kellogg's ASA awards scheme.

** Four Key Water Safety Messages:

- Always swim in a safe place.
- Always swim with an adult.
- If you fall in, float, breathe, relax.
- If someone else in trouble, call 999/112.