

Progression of skills and knowledge in Physical Education - Swimming

Foundation Stage

Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. (Self regulation)

Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. (Self regulation)

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. (Managing self)

Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. (Managing self)

Y3/4

Enter the water safely and move in all directions for a short distance.

Be at ease with water showered from above and wetting the face.

Maintain a floating position with aids or support.

Push and glide in a horizontal position from the side.

Demonstrate an understanding of water safety.

Jump in from the poolside safely.

Blow bubbles under water with nose and mouth submerged.

Regain upright position from a back or front float.

Push and glide on the back from the side of the pool.

Perform a 360 degree rotation from front to back and back to front.

Jump into the pool and submerge briefly.

Sink, push away from the wall and glide under water for a short distance.

Submerge fully to pick up an object from the bottom.

Have a reasonable knowledge of the water safety code.

Swim approximately 10 metres using a range of different strokes (back/breast/front crawl).

Y5/6

Perform a sequence of changing shapes whilst floating on the surface.

Perform a surface dive.

Swim over 10 metres using a range of strokes accurately.

Perform a range of jumps into deep water and tread water when resurfacing.

Perform a forward somersault tucked in the water.

Swim 10 metres wearing clothes.

Exit the water without using steps.

Swim 25 metres using any stroke.

Perform a range of movements in deep water demonstrating confidence and competence.