

# Swimming Progression of Skills

Curriculum Intent: To create a memorable curriculum that builds upon prior learning whilst moving knowledge and skills forward and is based upon robust assessments.

Subject Intent: Pupils should be taught to 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]and perform safe self-rescue in different water-based situations.

Year Group	Swimming Skills			Key Vocab
	Strokes	Breathing	Water Safety	
Year 1	Can swim over a 10m distance with a buoyancy aid	Can submerge confidently in the water	Become aware of water safety and explore floating on their front and back.	exit enter front travel rules safely kicking back
Year 2	Begin to use arms and legs together, more effectively across the water unaided.	Begin to explore breathing in sync with their kicking action.	Water Safety Demonstrate an awareness of water safety and float on their front and on their back.	pulling splash unaided gliding floating breathing
Year 3	Explore technique for Strokes specific strokes to include head above water breaststroke, backstroke and front crawl.	Begin to explore front crawl breathing technique.	Explore techniques for personal survival to include survival strokes such as sculling and treading water.	sculling crawl breaststroke submersion rotation backstroke
Year 4	Strokes Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.	Demonstrate improved breathing technique in front crawl.	Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.	stroke paddle alternate survival treading water buoyancy

Year Group	Swimming Skills			Key Vocab
	Strokes	Breathing	Water Safety	
Year 5	Demonstrate increased technique in a range of strokes, swimming over.	A distance of 25m Breathing Explore underwater breaststroke breathing technique over a distance of 25m	Water Safety Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P. and huddle positions	exhale flutter kick surface somersault personal best inhale
Year 6	Identify their personal best in a range of strokes. Successfully select and apply their fastest stroke over a distance of 25m.	Breathing Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.	Water Safety Can select and apply the appropriate survival technique for the situation.	endurance propel continuous streamline synchronised retrieve

Progression Journey	
Beginners	<ul style="list-style-type: none"> <li>• Submerge and regain feet in the water.</li> <li>• Breathe in sync with an isolated kicking action from poolside.</li> <li>• Use arms and legs together to move effectively across a short distance in the water</li> <li>• Glide on front and back over short distances.</li> </ul>
Developers	<ul style="list-style-type: none"> <li>• Confidently and consistently retrieve an object from the floor with the same breath.</li> <li>• Begin to co-ordinate breath in time with basic strokes showing some consistency in timing.</li> <li>• Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes.</li> <li>• Combine gliding and floating on front and back over an increased distance.</li> <li>• Float on front and back using different shapes with increased control.</li> <li>• Comfortably demonstrate sculling head first, feet first and treading water.</li> </ul>

Intermediate

- Confidently combine skills to retrieve an object from greater depth.
- Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes.
- Confidently demonstrate good technique in a wider range of strokes over increased distances.
- Combine gliding and transitioning into an appropriate stroke with good control.
- Confidently link a variety of floating actions together demonstrating good technique and control.
- Select and apply the appropriate survival technique to the situation.