

School Swimming Lesson Outcomes

Swim Phase 1

1. Perform a mushroom or star float
2. Rotate 360 degrees either using a log roll or an upright position
3. Push and glide achieving a streamlined position on the front or back
4. Submerge completely
5. Travel 10 metres on the front or back, without adult support
6. Climb out of the water with adult support if required.
7. Blow bubbles with the mouth and nose underwater
8. Enter/exit water safely

Swim Phase 2

1. Travel across pool using front crawl leg kick & back crawl leg kick for a distance of 10m without stopping with or without flotation equipment
2. Fully Submerge face in water and blow bubbles
3. Float on back and front with support of float for 30 seconds
4. Give examples of pool rules
5. Perform a signal for help on the back, whilst holding onto flotation equipment
6. Fully submerge, exhale and resurface
7. Log roll from floating on the front to floating on the back

Swim Phase 3

1. Travel across pool using front crawl leg kick & back crawl leg kick for a distance of 18m without stopping and without support
2. Demonstrate a recognisable arm action for both front crawl and back stroke for a distance of 18m
3. Float on back and front without flotation equipment for a minimum of 10 seconds
4. Demonstration/understanding of breast stroke leg action
5. Jump in pool with confidence (competition pool)
6. Float on the back for 60 seconds without flotation equipment and explain why this is important
7. Fully submerge to the pool floor
8. Demonstrate the Heat Escape Lessening Position (HELP) with a floating object.
9. Recite and show understanding of the four key water safety messages.

Swim Phase 4

1. Swim 25m with ease using front Crawl and back crawl
2. Demonstrate breathing for front crawl
3. Perform recognisable Breast stroke for a distance of 10m
4. Tread water for 30 seconds without flotation equipment
5. Signal for help whilst treading water without flotation equipment
6. Swim along the bottom of pool for distance of 5m

Swim Phase 5

1. Swim 10m butterfly
2. Swim 25m Breast stroke
3. Swim 50m front crawl and backstroke with correct aquatic breathing
4. Perform a dive
5. Swim in clothes for 10m
6. Perform a shout and signal rescue
7. Share at least three facts about the effects of cold-water shock and show understanding of how to manage its effects.

Swim Phase 6

1. Swim 25m Butterfly with aquatic breathing
2. Swim 50m Breast stroke with aquatic breathing
3. Perform a dive with a suitable streamline position
4. Perform a race start and a race turn
5. Complete a timed swim and continually practice this to improve performance in galas
6. Swim 50 metres using a recognisable stroke to a floating object then stop in deep water and signal for help
7. Complete a circuit of submerging and resurfacing under or through objects and collecting an object from floor. The circuit must include at least one head first and one feet first surface dive