

Progression of Skills and Knowledge Swimming

Levels	Skills and Knowledge
1	<ul style="list-style-type: none"> • Enter the water safely. • Move forward for a distance of 5 metres, feet may be on or off the floor. • Move backwards for a distance of 5 metres, feet may be on or off the floor. • Move sideways for a distance of 5 metres, feet may be on or off the floor. • Scoop the water and wash the face. • Be comfortable with water showered from overhead. • Move from a flat floating position on the back and return to standing. • Move from a flat floating position on the front and return to standing. • Push and glide in a flat position on the front from a wall. • Push and glide in a flat position on the back from a wall. • Give examples of two pool rules. • Exit the water safely. • Identify the meaning of beach safety flags.
2	<ul style="list-style-type: none"> • Jump in from poolside safely. • Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged. • Move from a flat floating position on the back and return to standing without support. • Move from a flat floating position on the front and return to standing without support. • Push from a wall and glide on the back – arms can be by the side or above the head. • Push from a wall and glide on the front with arms extended. • Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment. • Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment. • Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing. • Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing. • Perform a log roll from the back to the front. • Perform a log roll from the front to the back. • Exit the water without support.

3	<ul style="list-style-type: none"> • Jump in from poolside and submerge. • Sink, push away from wall and maintain a streamlined position. • Push and glide on the front with arms extended and log roll onto the back. • Push and glide on the back with arms extended and log roll onto the front. • Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back. • Fully submerge to pick up an object. • Correctly identify three of the four key water safety messages.* • Push and glide and travel 10 metres on the back. • Push and glide and travel 10 metres on the front. • Perform a tuck float and hold for three seconds. • Exit the water without using steps.
4	<ul style="list-style-type: none"> • Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating. • Push and glide from the wall towards the pool floor. • Kick 10 metres backstroke (one item of equipment optional). • Kick 10 metres front crawl (one item of equipment optional). • Kick 10 metres butterfly on the front or on the back. • Kick 10 metres breaststroke on the front (one item of equipment optional). • Perform a head first sculling action for 5 metres in a flat position on the back. • Travel on back and log roll in one continuous movement onto front. • Travel on front and log roll in one continuous movement onto back. • Push and glide and swim 10 metres, choice of stroke is optional.
5	<ul style="list-style-type: none"> • Perform a flat stationary scull on the back. • Perform a feet first sculling action for 5 metres in a flat position on the back. • Perform a sculling sequence with a partner for 30-45 seconds to include a rotation. • Tread water for 30 seconds. • Perform three different shaped jumps into deep water. • Push and glide and swim 10 metres backstroke (performed to Swim England expected standards). • Push and glide and swim 10 metres front crawl (performed to Swim England expected standards). • Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards). • Push and glide and swim 10 metres butterfly (performed to Swim England expected standards). • Perform a handstand and hold for a minimum of three seconds. • Perform a forward somersault. • Demonstrate an action for getting help.
6	<ul style="list-style-type: none"> • Give two examples of how to prepare for exercise and understand why it is important. • Sink, push off on side from the wall, glide, kick and rotate into backstroke. • Sink, push off on side from the wall, glide, kick and rotate into front crawl. • Swim 10 metres wearing clothes.

	<ul style="list-style-type: none"> • Push and glide and swim front crawl to include at least six rhythmical breaths. • Push and glide and swim breaststroke to include at least six rhythmical breaths. • Push and glide and swim butterfly to include at least three rhythmical breaths. • Push and glide and swim backstroke to include at least six regular breaths. • Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards). • Perform a 'shout and signal' rescue. • Perform a surface dive.
7	<ul style="list-style-type: none"> • Push and glide and swim 25 metres backstroke (performed to Swim England expected standards). • Push and glide and swim 25 metres front crawl (performed to Swim England expected standards). • Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards). • Push and glide and swim 25 metres butterfly (performed to Swim England expected standards). • 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: <ul style="list-style-type: none"> ➤ 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 • Perform a sitting dive or dive. • Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards). • Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards). • Tread water using eggbeater action for 30 seconds. • Complete an obstacle course (using a minimum of four objects) with feet off the pool floor throughout.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, 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]

perform safe self-rescue in different water-based situation.