






Progression of Skills

Swimming


KS2 National Curriculum Aims:

- 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.



Children, at The Coppice, start their swimming lessons in Year 3; each class attends swimming lessons for 11 weeks. Children progress through the skills needed at different rates and children that aren't confident in swimming 10 meters, after 11 weeks, will have the opportunity to attend 'top up' swimming lessons for a further 4 weeks.

Skill	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
Safety & Rescue 	Demonstrate an understanding of pool rules.	Have an understanding of the water safety code	Answer three questions on the water safety code.	Demonstrate an action for getting help (can be performed in shallow or deep water).	Perform a shout and signal rescue.	Float or scull waving one arm and shout for help. Demonstrate the HELP position
Entry & Exit 	Enter the water safely (using steps or swivel entry)	Enter the water safely (using steps, swivel entry or a jump)	Enter the water safely (using steps, swivel entry or a jump).	Enter the water safely (using steps, swivel entry or a jump). Exit the water safely without the use of steps.	Enter the water safely from a jump. Exit the water safely.	Exit the pool from at least full reach depth without using the steps.
Movement 	Move forwards for a distance of 5m. Move backwards for a distance of 5m. Move sideways for a distance of 5m	Push and glide in a horizontal position to or from the pool wall Travel on the front and back for a distance of five metres where possible (taught using	Fully submerge to pick up an object. Push from wall and glide on the front and back. Push and glide from the wall to the pool floor.	Push and glide from the front with arms extended and log roll onto the back. Push and glide from the back with arms extended and log roll onto the front.	Kick 25 metres backstroke (one item of equipment may be used). Kick 25 metres on the front (one item of equipment may be used).	Tread water for 30 seconds. Perform a handstand and hold for a minimum of 3 seconds.

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	<p>Regain an upright position from on the back, with support. Regain an upright position from on the front, with support.</p> <p>Push and glide in a horizontal position to or from a wall.</p>	<p>blabt – the order in which strokes are taught (Body position first, then Legs, then Arms, then Breathing and finally Timing))</p>	<p>Travel 10 metres on the front and 10 metres on the back. (BLABT teaching)</p>	<p>Travel on the front, tuck to rotate around the horizontal axis to return on the back.</p> <p>Travel 25 metres on the front and 25 metres on the back.</p> <p>Over arm recovery</p> <p>Basic paddle front or back, feet off the floor for the full distance, no aids</p>	<p>Kick 25 metres breaststroke on the front or back (one item of equipment may be used). Travel on the back and roll in one continuous movement to the front.</p> <p>Travel on the front and roll in one continuous movement to the back.</p> <p>Swim as far as possible in a set time (own choice of stroke).</p> <p>Over arm recovery on front or back, ideally front crawl with face in the water and breathing bilateral or unilateral</p>	<p>Perform a forward somersault, tucked in the water.</p> <p>Swim 10 metres in clothes.</p> <p>Good propulsive and recognisable stroke actions, front crawl, back crawl or breaststroke</p>
<p>Floating</p> 	<p>Move into a stretched floating position using aids, equipment or support.</p>	<p>Move into a stretched floating position using aids, equipment or support.</p> <p>Regain an upright position from floating on the front.</p> <p>Regain an upright position from floating on the back.</p>	<p>Perform a rotation from the front to the back and regain an upright position.</p>	<p>Perform a tuck float for five seconds.</p> <p>Perform a sequence of changing shapes (minimum of three) whilst floating at the surface.</p>		<p>Perform a horizontal stationary scull on the back.</p> <p>Perform a head first sculling action for 5 metres.</p> <p>Perform a feet first sculling action for 5 metres.</p>

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<p>Jumping</p> 		<p>Slide in from the side and do not submerge.</p>	<p>Jump in from the side and submerge (minimum depth 0.9 metres).</p>	<p>Perform 2 different jumps into water (minimum depth 0.9 meters).</p>	<p>Perform safely 2 different jumps into deep water.</p>	<p>Perform 3 different jumps into deep water (one must be a straddle jump).</p>
<p>Team Work</p> 	<p>Take part in a teacher led partner-oriented game.</p>	<p>Discuss how to do certain strokes.</p>	<p>In groups of three or more perform a movement sequence of one minute incorporating a number of different skills e.g. Treading water, floating, rotation.</p>	<p>Discuss as a group when the above skills might be used to self-rescue in different situations.</p>	<p>In groups demonstrate the HUDDLE (arms over each other's shoulders so that the sides of your chests are together. Children and elderly persons are placed in the middle) position</p>	<p>Take part in a game of minipolo. Perform a sculling sequence with a partner for 30- 45 seconds to include a rotation</p>