

PE Progression of skills - Swimming



This document has been designed to show how we will cover all of the relevant PE knowledge and skills across our school. The context in which these are taught is down to the discretion of teachers, where possible trying to match the content of their unit to their year group's termly topic.

KS2 National Curriculum Aims

Swim competently, confidently and proficiently over a distance of at least 25 metres unaided. Use a range of recognised strokes effectively [for example, front crawl, backstroke and breaststroke]. Be able to perform safe self-rescue in different water-based situations therefore demonstrating personal survival skills.

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
				<ul style="list-style-type: none"> ☑ Understand what it means to be physically active and know how it feels to be active for sustained periods of time. ☑ Enter the pool safely. ☑ Fully submerge myself underwater. 	<ul style="list-style-type: none"> ☑ Push off the wall and maintain a streamlined position for at least 10 metres on both my front and back. ☑ Travel at least 10m on my front and back demonstrating recognised arm and leg actions. 	<ul style="list-style-type: none"> ☑ Swim 25m using a recognised stroke. (National Expectation by the end of Year 6) ☑ Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ☑ Perform safe self-rescue in different water-based situations.