

## Swimming Knowledge and Skills Progression Document

Many animals are born with the ability to swim, but humans must learn practice before being able to swim with ease. Some people never learn how to swim, which often causes them to fear water. Learning to swim is important for several reasons, and mastering this skill at a young age can benefit you throughout your life.

### **Personal Safety**

An obvious reason for learning how to swim is to acquire the ability to survive in water. At one time or another, you are bound to find yourself in or near water, whether you're on a cruise, boating trip, fishing or lounging by a pool with friends. If the water is deeper than your height, and you find yourself in it, knowing how to swim could save your life. Through learning basic lifesaving skills at an early age, children will be able to perform safe self-rescue, or if helping others, seek help if it is not safe to provide support themselves.

### **Health**

Most doctors agree that swimming is a healthy form of exercise. It requires you to use many of the muscles in your body, is for building strength and endurance and is beneficial for your metabolism and cardiovascular system. The water provides a natural resistance when you are swimming, while also making the activity less strenuous on your body. Water, in most cases, also provides a natural cooling element for the body.

### **Pleasure**

The pleasure of being able to spend time in the water is very important. A swim in the pool or in the ocean on a hot summer day can help you feel relaxed and physically fit. The water is a suitable way to be social with friends through activities such as surfing, water skiing or jet skiing. These exciting activities are difficult to enjoy without the knowledge of swimming.

### **National Curriculum Expectations**

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 situations.

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

	<ul style="list-style-type: none"> <li>*Perform a log roll from the back to the front.</li> <li>*Perform a log roll from the front to the back.</li> <li>*Exit the water without support.</li> </ul>
<b>Level 3</b>	<ul style="list-style-type: none"> <li>*Jump in from poolside and submerge.</li> <li>*Sink, push away from wall and maintain a streamlined position.</li> <li>*Push and glide on the front with arms extended and log roll onto the back.</li> <li>*Push and glide on the back with arms extended and log roll onto the front.</li> <li>*Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.</li> <li>*Fully submerge to pick up an object.</li> <li>*Correctly identify three of the four key water safety messages.*</li> <li>*Push and glide and travel 10 metres on the back.</li> <li>*Push and glide and travel 10 metres on the front.</li> <li>*Perform a tuck float and hold for three seconds.</li> <li>*Exit the water without using steps.</li> </ul>
<b>Level 4</b>	<ul style="list-style-type: none"> <li>*Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.</li> <li>*Push and glide from the wall towards the pool floor.</li> <li>*Kick 10 metres backstroke (one item of equipment optional).</li> <li>*Kick 10 metres front crawl (one item of equipment optional).</li> <li>*Kick 10 metres butterfly on the front or on the back.</li> <li>*Kick 10 metres breaststroke on the front (one item of equipment optional).</li> <li>*Perform a head first sculling action for 5 metres in a flat position on the back.</li> <li>*Travel on back and log roll in one continuous movement onto front.</li> <li>*Travel on front and log roll in one continuous movement onto back.</li> <li>*Push and glide and swim 10 metres, choice of stroke is optional.</li> </ul>
<b>Level 5</b>	<ul style="list-style-type: none"> <li>*Perform a flat stationary scull on the back.</li> <li>*Perform a feet first sculling action for 5 metres in a flat position on the back.</li> <li>*Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.</li> <li>*Tread water for 30 seconds.</li> <li>*Perform three different shaped jumps into deep water.</li> </ul>

	<ul style="list-style-type: none"> <li>*Push and glide and swim 10 metres backstroke (performed to Swim England expected standards).</li> <li>*Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).</li> <li>*Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).</li> <li>*Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).</li> <li>*Perform a handstand and hold for a minimum of three seconds.</li> <li>*Perform a forward somersault.</li> <li>*Demonstrate an action for getting help.</li> </ul>
<p style="text-align: center;"><b>Level 6</b></p>	<ul style="list-style-type: none"> <li>*Give two examples of how to prepare for exercise and understand why it is important.</li> <li>*Sink, push off on side from the wall, glide, kick and rotate into backstroke.</li> <li>*Sink, push off on side from the wall, glide, kick and rotate into front crawl.</li> <li>*Swim 10 metres wearing clothes.</li> <li>*Push and glide and swim front crawl to include at least six rhythmical breaths.</li> <li>*Push and glide and swim breaststroke to include at least six rhythmical breaths.</li> <li>*Push and glide and swim butterfly to include at least three rhythmical breaths.</li> <li>*Push and glide and swim backstroke to include at least six regular breaths.</li> <li>*Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards).</li> <li>*Perform a 'shout and signal' rescue.</li> <li>*Perform a surface dive.</li> </ul>
<p style="text-align: center;"><b>Level 7</b></p>	<ul style="list-style-type: none"> <li>*Push and glide and swim 25 metres backstroke (performed to Swim England expected standards).</li> <li>*Push and glide and swim 25 metres front crawl (performed to Swim England expected standards).</li> <li>*Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).</li> <li>*Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).</li> <li>*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:  <i>Sculling:</i> head first, feet first  <i>Rotation:</i> forward or backward somersault, log roll  <i>Floating:</i> star on the front or on the back, tuck float, create own  <i>Eggbeater:</i> Moving, lifting one or both arms out of the water</li> <li>*Perform a sitting dive or dive.</li> <li>*Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).</li> </ul>

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.

