



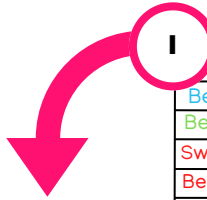
PROGRESSION OF KEY SKILLS

Swimming

Beginners

Enter and exit the pool in a correct and safe manner by the poolside steps
Gain confidence in water through walking/ moving unaided in pool
Breathing technique – blowing bubbles, face in water and begin to develop technique with float
Attempt to swim 5–10 metres with or without an aid e.g. woggle/float
Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue in shallow water

B



I

Intermediate

Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out
Be confident enough to be able to swim across the pool without stopping
Begin to show breathing technique when performing various strokes with and without a float
Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke
Be able to swim at least 25 metres
Perform safe self rescue in water based situations e.g. pyjama rescue, float aids in deep water etc

A

Advanced

Enter the pool by jumping or diving (at the deep end) safely. Exit the pool by climbing out
Swim confidently using various strokes on the surface and under the water
Use advanced breathing techniques in all strokes
Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly
Be able to swim over 25m
Confidently perform safe self rescue skills in deep water

End of Key Stage 2 expectation

All primary schools must provide swimming and water safety lessons in either KS1 or KS2.

Each pupil is required to be able to do the following:

- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Perform safe self-rescue in different water based situations

