

Danson Primary School PE Progression - SWIMMING

KS2				
	Swimming expectation	Water confidence	Water Safety	Distance and movement
Below the expected standard	Swim 25 metres competently Use front crawl, backstroke and breaststroke Demonstrate simple self-rescue strategies	<ul style="list-style-type: none"> Cope with splashing onto face Jump in safely and exit without steps Submerge face 	<ul style="list-style-type: none"> Enter and exit the water safely Identify hazards in water environments Use the H.E.L.P. position and (with help) the huddle position Identify a range of hazards and explain some self-rescue solutions Use floatation, basic treading of water, the H.E.L.P. position and huddling 	<ul style="list-style-type: none"> Move 5m forward, backwards and sideways (feet on or off the floor) Swim (move) 10m with feet off floor and without equipment Move from flat (front and back) to standing (e.g. with support) Push and glide (front or back), arms at side or above head
Expected standard	Swim 25 metres proficiently Use and adapt strokes (e.g. face down for racing, head up or vertical in water polo) Explain/perform self-rescue strategies	<ul style="list-style-type: none"> Jump in and submerge Fully submerge to pick up an object 	<ul style="list-style-type: none"> Competence in most self-rescue skills Ability to explain some beach flag meanings Tread water Explain the 'float to live' approach 	<ul style="list-style-type: none"> Swim 25m with some technique Kick 10m with accurate front crawl, backstroke and breaststroke Move from flat (back and front) to standing (without support) Do a log roll (front to back and vice versa) Hold a tuck float for 3 seconds Tread water for at least 15 seconds Push and glide 10m (front and back) with arms extended Push and glide and swim 10 metres (any stroke)
				<ul style="list-style-type: none"> Swim 25m with accurate front crawl, backstroke and breaststroke Swim 10m with accurate butterfly (front and back) Perform a tuck-roll to rotate from flat to flat (front to back and vice versa) and then to standing Travel and log roll in a continuous movement (front to back and vice-versa) Hold an extended tuck float Sink then push and glide; push and glide towards the pool floor Push and glide and travel at least 15m with accurate stroke (back and front) Push and glide with arms extended, then log roll between front/back
		<ul style="list-style-type: none"> Dive into the deep end and swim in a continuous movement. Perform a surface dive 	<ul style="list-style-type: none"> Demonstrate the 'float to live' approach 	<ul style="list-style-type: none"> Swim 25m (any stroke) with increasing speed and sophistication Travel 5m on front, tuck and rotate to back, then return to front Perform a sequence of changing shapes (minimum of three) whilst floating on the surface Perform a head-first sculling action (flat on back) for 5m Tread water for more than 30 seconds Push and glide and swim more than 25m with a sophisticated stroke
Exceeding	Swim 25 metres with sophistication Use and adapt strokes (e.g. face down for racing, head up or vertical in water polo). Explain/perform self-rescue strategies using efficient breathing techniques.			<ul style="list-style-type: none"> Swim more than 25m with an effective turn and rhythmic breathing Perform three different shaped jumps into deep water Perform a 3 second handstand and a forward somersault Perform a 45 second sculling sequence, with a partner, incl rotation Perform a feet-first sculling action for 5m in a flat position on back Perform a flat stationary scull on the back
		Vocabulary	Vocabulary	Vocabulary
		water, splashing, safety, jump, exit, enter, swim, deep, shallow, submerge, continuous, underwater, on top of the water,	enter, exit, hazard, environment, position, rescue, float, tread water, above water, submerge,	backwards, forwards, breaststroke, front crawl, backstroke, butterfly, log roll, push and glide, flat, standing, tuck float, travel, extend, sink, sculling, speed, sophistication. sequence, shapes, forward somersault, rotation, feet-first sculling, stationary scull.