

PE: Progression in Knowledge and Skills



Swimming

Key Stage 1 National Curriculum Objectives

Year Group	Key Knowledge	Key Skills
<p>Year 2 (Spring Term)</p>	<p>How to move around the poolside How to behave at the leisure Centre What equipment is needed for each lesson What top eat before the swimming lesson How to behave and listen when in the lesson How to enter the water What the different alarms mean Rules when swimming</p>	<p style="text-align: center;">Overcoming the fear</p> <p style="text-align: center;">Through the use of mini game, challenges , dances and fun activities KS1 children will learn to:</p> <ul style="list-style-type: none"> Respect the facilities and get changed independently Move around the poolside calmly and safely Enter the water safely Using armbands place body under water to shoulder height Splash face with water dip face into the water Hold nose and submerge entirely under water Holding the bar kick legs up and down Using the woggle to support hands kick legs to swim the width of the pool Without a woggle swim in doggy paddle one width of the pool Hold a float on chest swim on your back one width Begin to swim a width without floatation devices for support

<p>Year 4 (Autumn Term)</p>	<p>Understand why we are learning to swim Understand how to stay safe around water Understand the dangers poolside Understand the importance of listening to the adults/ instructors Understand the fundamentals of swimming and what we are aiming to achieve</p> <p>Understand why we are learning to w=swim</p>	<p style="text-align: center;">Learning the fundamentals</p> <p>Focusing on key water skills and safety in the water. Within a range of games, activities and structured practice children will learn to:</p> <p>Begin to practice using different strokes across the pool without using the armbands for support.</p> <p style="padding-left: 40px;">Without floatation swim one width of the pool using any stroke</p> <p style="padding-left: 80px;">Submerge and move under the hoop</p> <p style="padding-left: 40px;">Swim a width confidently using a range of strokes</p> <p>Begin to build up swimming stamina and confidence moving in the water</p> <p style="padding-left: 40px;">Swim 25 meters front crawl</p> <p style="padding-left: 40px;">Swim 25 meters breaststroke</p> <p style="padding-left: 40px;">Swim 25 meters backstroke</p>
<p>Year 6 (Summer Term)</p>	<p>Explain to others how to perform strokes Explain to others how to stay d=safe in and around water Understand how each stroke can be used and why it may be used</p> <p>Understand why we must respect the hygiene and pool regulations</p>	<p style="text-align: center;">Focusing on skills and competence</p> <p>Hone fundamental skills and begin to enhance the style, speed and consistence y of each stroke ensuring posture positioning and understanding is correct.</p> <p>Explain the rules and safety precautions which should be taken around water</p> <p style="padding-left: 40px;">Confidently dive into the water</p> <p style="padding-left: 40px;">Swim 50 meters+ confidently using each stroke</p> <p style="padding-left: 80px;">Swim at speed (gala prep)</p> <p>Submerge and Retrieve items from the deep end with confidence</p> <p>Demonstrate and explain how to perform a range of strokes</p>
<p>KS3</p>		