

Holbeach Bank Academy Swimming skills progression.

Overall learning outcomes from the National Curriculum to be taught:

- 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.

The following skills are to be assessed at the end of each stage:

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7
1. Enter the water safely. 2. Move forwards for a distance of 5m. 3. Move backwards for a distance of 5m. 4. Move sideways for a distance of 5m. 5. Scoop the water and wash face. 6. Be at ease with water showered from overhead. 7. Move into a stretched floating	1. Jump in from poolside safely. 2. Blow bubbles a minimum of 3 rhythmically with nose and mouth submerged. 3. Regain upright position from the back without support. 4. Regain an upright position from the front with support	1. Jump in from poolside and submerge. 2. Sink, push away from wall and maintain a streamlined position. 3. Push and glide on the front with arms extended and log roll onto the back. 4. Push and glide on the back with arms extended and log roll onto the front. 5. Travel 5 metres on the front,	1. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating. 2. Push and glide from the wall towards the pool floor. 3. Kick 10 metres backstroke (one item of equipment optional). 4. Kick 10 metres front crawl (one item of	1. Perform a flat stationary scull on the back. 2. Perform a feet first sculling action for 5 metres in a flat position on the back. 3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation. 4. Tread water for 30 seconds. 5. Perform three different shaped jumps into deep water. 6. Push and glide and swim 10 metres backstroke	1. Give two examples of how to prepare for exercise and understand why it is important. 2. Sink, push off on side from the wall, glide, kick and rotate into backstroke. 3. Sink, push off on side from the wall, glide, kick and rotate into front crawl. 4. Swim 10 metres wearing clothes. 5. Push and glide and swim front crawl to include at least six	1. Push and glide and swim 25 metres backstroke (performed to Swim England expected standards). 2. Push and glide and swim 25 metres front crawl (performed to Swim England expected standards). 3. Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards). 4. Push and glide and swim 25 metres butterfly (performed to Swim England expected standards). 5. 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:

		perform a tuck		(performed to		<i>Sculling</i> : head first, feet first
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position using aids, equipment or support.						
8. Regain an upright position from on the back, with support.	5. Push from wall and glide on the back.	to rotate onto the back and return on the back.	equipment optional).	Swim England expected standards).	rhythmical breaths.	<i>Rotation:</i> forward or backward somersault, log roll
9. Regain an upright position from on the front, with support.	6. Push from wall and glide on the front.	6. Fully submerge to pick up an object.	5. Kick 10 metres butterfly on the front or on the back.	7. Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).	6. Push and glide and swim breaststroke to include at least six rhythmical breaths.	<i>Floating:</i> star on the front or on the back, tuck float, create own
10. Push and glide in a horizontal position to or from a wall.	7. Travel on the back for 5m, aids or equipment may be used.	7. Correctly identify three of the four key water safety messages.*	6. Kick 10 metres breaststroke on the front (one item of equipment optional).	8. Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).	7. Push and glide and swim butterfly to include at least three rhythmical breaths.	<i>Eggbeater:</i> Moving, lifting one or both arms out of the water
11. Take part in a teacher led partner oriented game.	8. Travel on the front for 5m, aids or equipment may be used.	8. Push and glide and travel 10 metres on the back.	7. Perform a head first sculling action for 5 metres in a flat position on the back.	9. Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).	8. Push and glide and swim backstroke to include at least six regular breaths.	6. Perform a sitting dive or dive.
12. Demonstrate an understanding of pool rules.	9. Perform a rotation from the front to the back to gain an upright position.	9. Push and glide and travel 10 metres on the front.	8. Travel on back and log roll in one continuous movement onto front.	10. Perform a handstand and hold for a minimum of three seconds.	9. Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards).	7. Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).
13. Exit the water safely.	10. 10. Perform a rotation from the back to the front to gain an upright position.	10. Perform a tuck float and hold for three seconds.	9. Travel on front and log roll in one continuous movement onto back.	11. Perform a forward somersault.	10. Perform a 'shout and signal' rescue.	8. Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).
		11. Exit the water without using steps	10. Push and glide and swim 10 metres, choice of stroke is optional.	12. Demonstrate an action for getting help.	11. Perform a surface dive	9. Tread water using eggbeater action for 30 seconds.
						10. Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout