

Swimming- Progression of Key Skills

Beginner (KS1/KS2)	Intermediate (KS1/KS2)	Advanced (KS2)	End of KS2 expectation
<p>Enter and exit the pool in correct and safe manner by the poolside steps</p> <p>Gain confidence in water walking unaided in pool</p> <p>Breathing technique – blowing bubbles, face in water and begin to develop technique with float</p> <p>Developing whole strokes including “doggy paddle” swim on back through kicking and sculling</p> <p>Be able to swim 5-10metres</p> <p>Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue in shallow water</p>	<p>Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out.</p> <p>Be confident to be able to swim across the pool without stopping</p> <p>Begin to show breathing technique when performing various strokes with and without a float</p> <p>Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke</p> <p>Be able to swim at least 25 metres</p> <p>Perform safe self rescue in water base situations e.g. pyjama rescue, float aids in deep water etc</p>	<p>Enter the pool by jumping and diving (at the deep end) safely. Exit the pool by climbing out.</p> <p>Swim confidently using various strokes on the surface and under the water</p> <p>Use advance breathing techniques in all strokes</p> <p>Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly.</p> <p>Be able to swim over 25m</p> <p>Confidently perform safe self rescue skills in deep water</p>	<p>All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.</p> <p>Each pupil is required to be able to do the following:</p> <p>Perform safe self-rescue in different water based situations</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>

