

Curriculum Skills and Progression Map

Physical Education – Swimming



Key Concepts:

- Teamwork
- Determination
- Self-Belief
- Passion
- Honesty
- Respect

Curriculum Skills and Progression Map

<p>Programmes of study Year 3/4</p>	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> 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 			
<p>Organisation</p>	<p>Strokes</p>	<p>Breathing</p>	<p>Water Safety</p>	
<p>Progression objectives</p>	<ul style="list-style-type: none"> explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. know that lifting my hips will help me to stay afloat whilst swimming. develop technique for specific strokes to include head above water breaststroke, backstroke and front crawl. understand that keeping my legs together for crawl helps me to stay straight in the water. 	<ul style="list-style-type: none"> begin to explore front crawl breathing technique. know that turning my head to the side to breathe will allow me to swim with good technique. demonstrate improved breathing technique in front crawl. know that breathing out with a slow consistent breath enables me to swim for longer before needing another breath. 	<ul style="list-style-type: none"> explore techniques for personal survival to include survival strokes such as sculling and treading water. Know that treading water enables me to keep upright and in the same space. are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water. know what to do if I fall in the water. 	

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Assessment opportunities	<ul style="list-style-type: none"> • Swim 5m Front • Swim 5m Back • Swim 10m Front Crawl • Swim 10m Back Crawl • Swim 25m Front Crawl • Swim 25m Back Crawl <p>- Complete the National Curriculum Swimming Certificate</p> <p>(25m front or back + 10m front or back; tread water/float for 1 minute and pick up an object (brick) from 1 metre depth on the pool floor.</p>			
Vocabulary	See Appendix 1 Curriculum Skills and Progression Map Below			

Curriculum Skills and Progression Map

Programmes of study Year5/6	Pupils should be taught to: <ul style="list-style-type: none"> 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 			
Organisation	Strokes	Breathing	Water Safety	
Progression objectives	<ul style="list-style-type: none"> demonstrate increased technique in a range of stokes, swimming over a distance of 25m. understand that pulling harder through the water will enable me to travel the distance in fewer strokes and travel faster. identify my personal best in a range of strokes. Successfully select and apply my fastest stroke over a distance of 25m. understand that making my body streamlined helps me to glide through the water. Complete the National Curriculum Swimming Certificate (25m front or back + 10m front or back; tread water/float for 1 minute and pick up an object (brick) from 1 	<ul style="list-style-type: none"> explore underwater breaststroke breathing technique over a distance of 25m. know that breathing every three strokes helps to balance my stroke and allows me to practise breathing on both sides. demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m. understand that the more I practice my breathing in the water, the more my heart and lungs can work effectively and aid my muscles with the ability to utilise oxygen when swimming. 	<ul style="list-style-type: none"> explore safety techniques to include the H.E.L.P and huddle positions. know that a group of people can huddle together to conserve body heat, support each other and provide a larger target for rescuers. perform a variety of survival techniques. know which survival technique to use for the situation. EXCEEDING EXPECTATION Complete the Survival Certificate (wearing shorts & T Shirt) – <ol style="list-style-type: none"> Straddle Jump Swim 50 metres Tread Water for 2 mins With assistance of a flotation aid take up the HELP position for 3 mins. 	

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	<p>metre depth on the pool floor.</p> <p>EXCEEDING EXPECTATION</p> <p><u>Complete the Intermediate Certificate :-</u></p> <ul style="list-style-type: none"> - 50 metres Breaststroke and/ or Front Crawl. - Swim 50 metres Back Crawl 		<p>5. Swim 50 metres using a flotation aid and climb out unaided.</p> <p>6. Using a floating object for support (with at least 2 other similarly clothed swimmers) adopt the huddle position</p>	
Assessment opportunities	<ul style="list-style-type: none"> - Swim 5m Front - Swim 5m Back - Swim 10m Front Crawl - Swim 10m Back Crawl - Swim 25m Front Crawl - Swim 25m Back Crawl <p><u>National Curriculum Swimming Certificate</u> (25m front or back + 10m front or back; tread water/float for 1 minute and pick up an object (brick) from 1 metre depth on the pool floor.</p> <p>EXCEEDING EXPECTATION</p> <ul style="list-style-type: none"> - <u>Intermediate Certificate.</u> 		<p>EXCEEDING EXPECTATION</p> <p><u>Survival Certificate :-</u> (wearing shorts & T Shirt) :-</p> <ul style="list-style-type: none"> - 1. Straddle Jump 2. Swim 50 metres 3. Tread Water for 2 mins 4. With assistance of a flotation aid take up the HELP position for 3 mins. 5. Swim 50 metres using a flotation aid and climb out unaided. 6. Using a floating object for support (with at least 2 other similarly clothed swimmers) adopt the huddle position 	
Vocabulary	See Appendix 1 Curriculum Skills and Progression Map Below			

