



Swimming Progression of Development	Swimming Beginners (non-swimmers and developing swimmers)	Swimming (Developing and competent swimmers)
<p>Aim of Athletic Swimming</p> <p>In all swimming activities, children have to keep afloat and propel themselves through the water. Learning to swim enables them to take part in a range of water-based activities.</p>	<p>In this unit children learn to enjoy being in the water and become more confident. They learn how to keep afloat, move in the water, meet challenges and breathe when swimming. At first, they use swimming aids and support – in time, some children will manage without these.</p>	<p>In this unit children focus on swimming more fluently, improving their swimming strokes and learning personal survival techniques.</p>
<p>Expectations</p>	<p>In this unit children will learn how to swim between 10 and 20 metres unaided in shallow water, using their arms and legs to propel themselves. They will use one basic method to swim the distance, making sure that they breathe. They will start by using floats, swim over longer distances and periods of time with a more controlled leg kick. They will explore freely how to move in and under water; recognise how the water affects their temperature and identify and describe the differences between different leg and arm actions.</p>	<p>In this unit children will learn to swim between 50 and 100 metres and keep swimming for 45 to 90. Seconds; use three different strokes, swimming on their front and back. They will control their breathing and swim confidently and fluently on the surface and under water.</p> <p>Children should know the dangers of water locally and nationally.</p> <p>Learn how and why to use appropriate survival and self- rescue skills if they fall in by accident or get into difficulty and knowing what to do if others get into trouble.</p>