

Swim underwater confidently

Swim 50m

Complete head first and feet first sculling

Swim with clothing on

Surface dive to collect item from bottom of pool

Use butterfly stroke

Swim 25m

Complete a prone and supine float

Enter and exit the pool safely in the shallow end and deep end

Understand what it feels like to wear clothes in water

Collect items from the bottom of the shallow end

 Swim on front and back unaided

Swim 10m

Turn from front to back and back to front

Jump into the pool safely

Put head in the water

Enter and exit the pool safely in the shallow end

Turn from front to back

Swim on front and back with swimming aids

Swim unaided

Understand how to save someone in trouble in the water

**Reception**

**Year 2**

**Year 6**

**Grove vale’s PE Journey - swimming**

**Creative**

**Resilient**

**Curious**

**Ambitious**