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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **EYFS** | **Fundamentals: Unit 1****Introduction to PE: Unit 1** | **Ball Skills: Unit 1****Introduction to PE: Unit 2** | **Fundamentals: Unit 2****Dance: Unit 1** | **Gymnastics: Unit 1****Dance: Unit 2** | **Games: Unit 1****Gymnastics: Unit 2** | **Games: Unit 2****Ball Skills: Unit 2** |
| **Key Stage 1** | **Fitness****Gymnastics** | **Yoga****Fundamentals** | **Dance****Ball Skills** | **Invasion Games****Target Games** | **Athletics****Net and Wall Games** | **Team Building****Striking and Fielding Games** |
| **Key Stage 2** | **Fitness** **Gymnastics** | **Yoga****Ball Skills (Year 3)****Invasion Games** | **Dance** **Invasion Games** | **Invasion Games****Net and Wall Games** | **Athletics****Net and Wall Games** | **OAA****Striking and Fielding Games** |

**Haydon Wick’s PE Progression Map**

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **EYFS** | **Fundamentals: Unit 1****Running:**Explore running and stopping.Explore changing direction safely. **Balance:** Explore balancing whilst stationary and on the move.**Jumping:** Begin to explore take-off and landing safely.**Hopping:**Explore hopping on both feet.**Skipping:**Explore skipping as a travelling action.**Introduction to PE: Unit 1** | **Ball Skills: Unit 1****Sending:**Explore sending an object with hands and feet. **Catching:**Explore catching using a variety of larger balls and beanbags.**Tracking:** Explore stopping a ball with hands and feet.**Dribbling:**Explore bouncing and catching.**Introduction to PE: Unit 2**  | **Fundamentals: Unit 2**Same as Term 1.**Dance: Unit 1****Actions:** Explore how their body moves. Copy basic body actions and rhythms.**Dynamics:** Explore actions in response to music and an idea.**Space:** Explore pathways and the space around them in relation to others.**Performance:** Are given opportunities to perform in front of others. | **Gymnastics: Unit 1****Shapes:**Show contrast with their bodies including wide/narrow, straight/curved.**Balances:**Explore shapes using different parts of their bodies.**Rolls:**Explore rocking and rolling.**Jumps:**Explore jumping safely.**Dance: Unit 2**Same as Term 3. | **Games: Unit 1** **Running:**Explore running and stopping.Explore running on the balls of their feet.**Jumping:** Explore jumping and hopping safely.**Throwing:**Exploring throwing to a target.**Gymnastics: Unit 2**Same as Term 4 | **Games: Unit 2**Same as Term 5.**Ball Skills: Unit 2**Same as Term 2. |

**Key Stage 1**

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Year 1** | **Fitness** **Agility:** Change direction whilst running.**Balance:** Explore balancing in more challenging activities with some success.**Co-ordination:** Explore coordination through the use of equipment. **Speed:** Can demonstrate running at different speeds. **Strength:** Demonstrate increased control in body weight exercises. **Stamina:** Show an ability to work for longer periods of time.**Gymnastics****Shapes:**Explore basic and still shapes straight, tuck, straddle, pike.**Balance:**Perform balances making their body tense, stretched and curled. **Rolls:**Explore barrel, straight and forward roll progressions. **Jumps:**Explore shape jumps including jumping off low apparatus.  | **Yoga****Balance:** Perform balances and poses making their body tense, stretched and curled. **Flexibility:**Explore poses and movements that challenge their flexibility. **Strength:**Explore strength whilst transitioning from one pose to another.**Mindfulness:**Recognise their own feelings in response to a task or activity.**Fundamentals****Running:**Explore changing direction and dodging. Discover how the body moves at different speeds. **Balance:** Move with some control and balance. Explore stability and landing safely. **Jumping:** Demonstrate control in take off and landing when jumping.**Hopping:**Begin to explore hopping in different directions.**Skipping:**Show co-ordination when turning a role. Use rhythm to jump continuously in a French rope.  | **Dance****Actions:** Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme.**Dynamics:** Explore varying speeds to represent an idea.**Space:** Explore pathways within their performances.**Relationships:**Explore working with a partner using unison, matching and mirroring.**Performance:** Develop the use of facial expressions in their performance. **Ball Skills****Sending:**Roll and throw with some accuracy towards a target.**Catching:**Begin to catch with two hands. Catch after a bounce. **Tracking:** Track a ball being sent directly. **Dribbling:**Begin to dribble with hands and feet.  | **Invasion Games****Sending and receiving:**Explore S&R with hands and feet to a partner.**Dribbling:**Explore dribbling with hands and feet. **Attacking:**Explore changing direction to move away from a partner. **Defending:**Explore tracking and move to stay with a partner. **Space:** Recognise good space when playing games. **Target Games** **Throwing overarm:**Explore technique when throwing overarm towards a target. **Throwing underarm:** explore technique when throwing underarm towards a target.**Throwing:** Know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw.**Tactics:** Know that tactics can help us when playing games.**Rules:** Know that rules help us to play fairly.  | **Athletics****Running:**Explore running at different speeds. Explore running over obstacles.**Jumping:**Develop balance whilst jumping and landing.Explore hopping, jumping and leaping for distance.**Throwing:**Explore throwing for distance and accuracy. **Net and Wall Games****Hitting:**Explore hitting a dropped ball with a racket.**Feeding:**Throw a ball over a net to land into the court area.**Rallying:**Explore underarm rallying with a partner.**Footwork:**Use the ready position to move towards a ball.  | **Team Building****Problem solving:**Suggest ideas in response to a task.**Navigational Skills:**Follow a simple diagram/map.**Communication:**Work cooperatively with a partner and a small group.**Reflection:**Verbalise when they were successful and areas that they could improve. **Striking and Fielding Games****Striking:** Explore striking a ball with their hand and equipment. **Fielding:**Develop tracking and retrieving a ball for their team.**Throwing:** Explore technique when throwing over and underarm.**Catching:**Develop coordination and technique when catching. |
| **Year 2** | Fitness**Agility:**Demonstrate improved technique when changing direction on the move. **Balance:**demonstrate increased balance whilst travelling along and over equipment. **Co-ordination:**Perform actions with increased control when coordinating their body with and without equipment. Speed: Can demonstrate running at different speeds. **Strength:** Demonstrate increased control in body weight exercises. Stamina: Show an ability to work for longer periods of time. **Gymnastics****Shapes:**Explore using shapes in different gymnastic balances. **Balances:**Remember, repeat and link combinations of gymnastic balances.**Rolls:**Explore barrel, straight and forward roll and put into sequence work.**Jumps:**Explore shape jumps and take off combinations. | **Yoga****Balance:** Remember, copy and repeat sequences of linked poses. **Flexibility:**Show increased awareness of extension in poses.**Strength:**Demonstrate increased control in performing poses.**Mindfulness:**Explore controlling their focus and sense of calm.**Fundamentals****Running:**Change direction quickly. Understand and show how the body moves at different speeds. **Balance:** Demonstrate balance when performing other fundamental skills.**Jumping:**Demonstrate jumping for distance, heights and in different directions.**Hopping:**Demonstrate hopping for distance, height and in different directions.**Skipping:**Explore single and double bounce when jumping in a rope.  | **Dance****Actions:** Accurately remember, repeat and link actions to express an idea.**Dynamics:** Develop an understanding of dynamics. **Space:** Develop the use of pathways and travelling actions to include levels. **Relationships:**Explore working with a partner using unison, matching and mirroring.**Performance:** Develop the use of facial expressions in their performance. **Ball Skills****Sending:**Roll, throw and kick a ball to hit a target. **Catching:**Develop catching a range of objects with two hands. Catch with and without a bounce. **Tracking:** Consistently track and collect a ball being sent directly. **Dribbling:**Dribble a ball with hands and feet with some control.  | **Invasion Games****Sending and receiving:**Developing S&R with increased control.**Dribbling:**Explore dribbling with hands and feet with increasing control on the move. **Attacking:**Developing moving into space away from defenders.**Defending:**Explore staying close to other players to try and stop them getting the ball. **Space:** Explore moving with a ball towards the goal. **Target Games** **Throwing overarm:** Develop co-ordination and technique when throwing overarm towards a target.**Throwing underarm:** Develop co-ordination technique when throwing underarm towards a target.**Striking:** Develop striking a ball with equipment with some consistency. **Throwing:** Know that stepping with opposite foot to throwing arm will help you to balance. Know that moving my arm quicker will give me more power.**Striking:** Know to finish with my object/hand pointing at my target.**Tactics:** Understand and apply simple tactics.**Rules:** Know how to score points and follow simple rules.  | **Athletics****Running:**Develop the sprinting action. Explore rhythm when running over obstacles.**Jumping:**Develop jumping, hopping and skipping actions.Explore safely jumping for distance and height. **Throwing:**Develop overarm throwing for distance. **Net and Wall Games****Hitting:**Develop hitting a dropped ball over a net. **Feeding:**Accurately underarm throw over a net to a partner. **Rallying:**Explore underarm rallying with a partner catching after one bounce.**Footwork:**Consistently use the ready position to move towards a ball.  | **Team Building****Problem solving:**Begin to plan, and with some success, apply strategies to overcome a challenge. **Navigational Skills:**Understand how to use, follow and create a simple diagram/map. **Communication:**Work cooperatively with a partner and a small group. **Reflection:**Verbalise when they were successful and areas that they could improve. **Striking and Fielding Games****Striking:** Develop striking a ball with their hand and equipment with some consistency. **Fielding:**Understand that there are different roles within a fielding team. **Throwing:** Develop coordination and technique when throwing over and underarm.**Catching:**Catch with two hands with some coordination and technique.  |

**Key Stage 2**

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Year 3** | **Fitness** **Agility:** Show balance when changing direction.**Balance:** Explore more complex activities which challenge balance. **Co-ordination:** Can coordinate their bodies with increased consistency in a variety of activities. **Speed:** Explore sprinting technique. **Strength:** Explore building strength in different muscle groups. **Stamina:** Explore using their breath to increase their ability to work for longer periods of time.  **Gymnastics****Shapes:**Explore matching and contrasting shapes. **Balances:**Explore point and patch balances and transition smoothly into and out of them. **Rolls:**Develop the straight, barrel and forward roll.**Jumps:**Develop stepping into shape jumps with control. | **Yoga****Balance:** Demonstrate increased control when in poses and explore control in paired poses. **Flexibility:**Explore poses and movement in relation to their breath. **Strength:**Explore arm balances with some control. **Mindfulness:**Develop their ability to stay still and keep their focus.**Ball Skills****Sending:**Send a ball with accuracy and increasing consistency to a target.**Catching:**Catch a range of objects with increasing consistency. **Tracking:**Track a ball not sent directly. **Dribbling:**Dribble a ball with increasing control and co-ordination.  | **Dance****Actions:** Create actions in response to a stimulus individually and in groups. **Dynamics:** Use dynamics effectively to express an idea.**Space:** Use directions to transition between formations. **Relationships:**Develop an understanding of formations.**Performance:** . Perform short, self-choreographed phrases showing an awareness of time.**Invasion Games****Sending & receiving:**Explore S&R abiding by the rules of the game.**Dribbling:**Explore dribbling the ball abiding by the rules of the game under some pressure.**Attacking:**Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.**Defending:**Track opponents to limit their scoring opportunities.**Space:**Develop moving with a ball towards goal with some control.Swimming | **Invasion Games****Sending & receiving:**Explore S&R abiding by the rules of the game.**Dribbling:**Explore dribbling the ball abiding by the rules of the game under some pressure.**Attacking:**Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.**Defending:**Track opponents to limit their scoring opportunities.**Space:**Develop moving with a ball towards goal with some control. **Target Games****Throwing:** Explore throwing at a moving target. **Catching (dodgeball):** begin to catch whilst on the move.**Striking:** Begin to strike a ball with accuracy and balance. **Throwing:** Know to throw slightly ahead of a moving target.**Catching (dodgeball):** Know that beginning in a ready position will help me to react to the ball.**Striking:** Know that using a bigger swing will give me more power.**Tactics:** Know that using simple tactics will help my team to achieve an outcome e.g spread out so thar we are harder to aim for. **Rules:** Know that rules of the game and begin to apply them.  | **Athletics****Running:**Develop the sprinting technique and apply it to relay events. Develop fluency and rhythm when running over obstacles. **Jumping:**Develop technique in a range of approaches take off positions. Develop jumping for height and safety on landing. **Throwing:**Explore the technique for a pull throw. **Net and Wall Games****Shots:**Explore returning a ball using focus shots such as the forehand and backhand.**Serving:**Explore serving from an underarm serve. **Rallying:**Explore rallying with a forehand.**Footwork:**Consistently use and return to the ready position in between shots.Swimming | **OAA****Problem Solving:**Can play and implement strategies to solve problems.**Navigational Skills:**Developing map reading skills. **Communication:**Can follow and give instructions and are accepting of other peoples’ ideas.**Reflection:**Can reflect on when and why they were successful at solving challenges.**Striking and Fielding Games****Striking:** Begin to strike a bowled ball using different equipment.**Fielding:**Explore bowling and fielding skills to include a two – handed pick up and long and short barriers.**Throwing:** Use overarm and underarm throwing in game situations.**Catching:**Catch with some consistency in game situations.Swimming |
| **Year 4** | **Fitness** **Agility:** Show balance when changing direction at speed. **Balance:** Show control whilst completing activities which challenge balance. **Co-ordination:** Explore increased speed when coordinating their bodies. **Speed:**  Demonstrate improved sprinting technique. **Strength:** Identify activities which help to strengthen different muscle groups. **Stamina:** Demonstrate using their breath to maintain their work rate. **Gymnastics****Shapes:**Develop the range of shapes they use in their sequences. **Inverted movements:**Develop strength in bridge and shoulder stand.**Balances:**Develop control and fluency in individual and partner balances. **Rolls:**Develop the straight, barrel, forward and straddle roll and perform with increased control.**Jumps:**Develop control in performing and landing rotation jumps.   | **Yoga****Balance:** Explore using their breath to maintain balance within a pose. **Flexibility:**Demonstrate increased extension in their poses. **Strength:**Demonstrate increased control and strength when in a pose. **Mindfulness:**Can engage with mindfulness activities with increased focus.**Invasion Games****Sending & receiving:**Develop passing to a teammate using a variety of techniques appropriate to the game.**Dribbling:**Develop control whilst dribbling under pressure.**Attacking:**Develop decision making around when to pass and when to short. **Defending:** Develop defending one on one and know when to win the ball.**Space:** Move into space to help their team keep possession and score goals. | **Dance****Actions:** Respond imaginatively to a range of stimuli related to character and narrative. **Dynamics:** Change dynamics confidently within a performance to express changes in character.**Space:** Confidently use changes in level, direction and pathway.**Relationships:**Use actions and reaction to represent an idea.**Performance:** Perform complex dances that communicate narrative and character well, performing clearly and fluently. **Invasion Games**Same as Term 2. | **Invasion Games**Same as Term 2 and 3.**Net and Wall Games****Shots:**Demonstrate increased technique when using shots both cooperatively and competitively. **Serving:**Develop technique in serving underarm with increased consistency. **Rallying:**Develop rallying using both forehand and backhand with increased technique.**Footwork:**Begin to use appropriate foot work patterns to move around the court.  | **Athletics****Running:**Develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. **Jumping:**Develop technique when jumping for distance. Explore fluency and technique in the vertical jump.**Throwing:**Explore power and technique when throwing for distance in a pull throw. **Net and Wall Games**Same as Term 4 | **OAA****Problem Solving:**Plan independently and in small groups implementing a strategy with increased success.**Navigational Skills:**Identify key symbols on a map and use a key to help navigate around a grid. **Communication:**Confidently, communicate ideas and listen to others.**Reflection:**With increased accuracy, critically reflect on when and why they were successful at solving challenges.**Striking and Fielding Games****Striking:** Develop batting technique consistent with the rules of the game.**Fielding:**Develop bowling with some consistency, abiding by the rules of the game.**Throwing:** Use overarm and underarm throwing with increased consistency in game situations.**Catching:**Beginning to catch with one and two hands with some consistency in game situations. |
| **Year 5** | **Fitness** **Agility:** Demonstrate improved body posture and speed when changing direction.**Balance:** Change their body position to maintain a controlled centre of gravity. **Co-ordination:** Demonstrate increased speed when co-ordinating their bodies. **Speed:**  Identify the best pace for a set distance or time. **Strength:** Demonstrate increased technique in body weight exercises. **Stamina:** Use their breath to increase their ability to move for sustained periods of time. **Gymnastics****Shapes:**Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions. **Inverted movements:**Explore progression of a cartwheel and a headstand. **Balance:**Explore symmetrical and asymmetrical balances. **Rolls:**Develop control and fluency in the straight, barrel, forward, straddle and backward roll.**Jumps:**Select a range of jumps to include in a sequence work. | **Yoga****Balance:** Use their breath to maintain balance within a pose. **Flexibility:**Develop flexibility by connecting their movement with their breath. **Strength:**Demonstrate increased control and strength when in and transitioning between poses. **Mindfulness:**Understand that there are methods they can use to control how they feel.**Invasion Games****Sending & receiving:**Develop control when S&R under pressure. **Dribbling:**Select and apply a variety of dribbling techniques to game situations. **Attacking:**Explore creating tactics with others and applying them to game situations. **Defending:** Develop tracking and marking with a variety of techniques and increased success.**Space:** Move to create space for themselves and others in their team. | **Dance****Actions:** Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.**Dynamics:** Confidently use dynamics to express different dance styles.**Space:** Use direction and patterning to express different dance styles. **Relationships:**Confidently use formations, canon and unison to express a dance idea.**Performance:** Perform dances expressively, using a range of performance skills, showing accuracy and fluency. **Invasion Games**Same as Term 2. | **Invasion Games**Same as Term 2 and 3.**Net and Wall Games****Shots:**Develop the range of shots used in the games they play. **Serving:**Develop their range of serving techniques appropriate to the game they are playing. **Rallying:**Use a variety of shots to keep a continuous rally. **Footwork:**Demonstrate effective footwork patterns to move around the court.  | **Athletics****Running:**Apply fluency and coordination when running for speed in relay changeovers.Effectively apply speeds appropriate for the event. **Jumping:**Develop power, control and consistently in jumping for distance. Explore technique and rhythm in the triple jump. **Throwing:**Develop technique and power in javelin and shot put. **Net and Wall Games**Same as Term 4 | **OAA****Problem Solving:**Explore tactical planning within a team to overcome increasingly challenging tasks. **Navigational Skills:**Develop navigational skills and map reading in increasingly challenging tasks including map orientation. **Communication:**Explore a variety of communication methods with increasing success.**Reflection:**Reflect on when they were successful at solving challenges and alter their methods in order to improve. **Striking and Fielding Games****Striking:** Explore defensive and driving hitting techniques and directional batting.**Fielding:**Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.**Throwing:** Demonstrate clear technique when using a variety of throws under pressure.**Catching:**Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations. |
| **Year 6** | **Fitness** **Agility:** Change direction with a fluent action and can transition smoothly between varying speeds. **Balance:** Show fluency and control when traveling, landing, stopping and changing direction. **Co-ordination:** Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.**Speed:**  Can adapt running technique to meet the needs of the distance. **Strength:** Can complete body weight exercises for increased repetitions, with control and fluency. **Stamina:** Use their breath to increase their ability to move for sustained periods of time. **Gymnastics****Shapes:**Combine and perform gymnastic shapes more fluently and effectively. **Inverted movements:**Develop control in progressions of a cartwheel and a headstand.**Balance:**Explore counter balances and counter tension balances.**Rolls:**Develop fluency and consistency in the straddle, forward and backward roll. **Jumps:**Combine and perform a range of gymnastic jumps more fluently and effectively.   | **Yoga****Balance:** Link combinations of poses for balance with increased control in transition. **Flexibility:**Confidently transition from one pose to another showing extension connected to their breath.**Strength:**Explore poses that challenge their strength and work to maintain increased control and strength when in and transitioning between poses. **Mindfulness:**Explore methods they can use to control how they feel with some success.**Invasion Games****Sending & receiving:**Develop making quick decisions about when, how and who to pass to.**Dribbling:**Dribble consistently using a range of techniques with increasing control under pressure.**Attacking:**Explore creating attacking tactics with others in response to the game. **Defending:** Explore creating and applying defending tactics with others in response to the game.**Space:** Move to the correct space when transitioning from attack to defence.  | **Dance****Actions:** Show controlled movements which express emotion and feeling.**Dynamics:** Explore, improvise and combine movement dynamics to express ideas, fluently, effectively on their own, with a partner or in a small group.**Space and relationships:** Use a variety of basic compositional principles when creating their own dances.**Performance:** Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.**Invasion Games**Same as Term 2.  | **Invasion Games**Same as Term 2 and 3.**Net and Wall Games****Shots:**Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation. **Serving:**Serve accurately and consistently. Beginning to apply tactics to their serve. **Rallying:**Successfully apply a variety of shots to keep a continuous rally. **Footwork:**Demonstrate a variety of footwork patterns relevant to the game they are playing. Example: a split step and a chasse. | **Athletics****Running:**Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. Hurdle with greater control and coordination.**Jumping:**Develop take off position when jumping for height.Develop power, control and technique in the triple jump.**Throwing:**Develop power, control and technique when throwing discus and javelin.**Net and Wall Games**Same as Term 4Swimming | **OAA****Problem Solving:**Pool ideas within a group, selecting and applying the best method to solve a problem. **Navigational Skills:**Orientate a map efficiently to navigate around a course. **Communication:**Inclusively communicate with others, share job roles and lead when necessary.**Reflection:**With increasing accuracy, they reflect on when and how they were successful at solving challenges and alter their methods in order to improve. **Striking and Fielding Games****Striking:** Strike a bowled ball with increasing accuracy and consistency. **Fielding:**Consistently select and apply the appropriate fielding action for the situation.**Throwing:** Consistently make good decisions on who and when to pass to in order to get batters out. **Catching:**Consistently demonstrate good technique in catching skills under pressure. Swimming |

**Progression of Skills for swimming**

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| **Year 1** | **Strokes:**Can swim over a 10m distance with a buoyancy aid.**Breathing:**Can submerge confidently in the water.**Water Safety:**Become aware of water safety and explore floating on their front and back. |
| **Year 2** | **Strokes:**Begin to use arms and legs together, more effectively across the water.**Breathing:**Begin t explore breathing in sync with their kicking action.**Water Safety:**Demonstrate an awareness of water safety and float on their front and on their back. |
| **Year 3** | **Strokes:**Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.**Breathing:**Begin to explore front crawl breathing technique. **Water Safety:**Explore techniques for personal survival techniques to include survival strokes such as sculling and treading water.  |
| **Year 4** | **Strokes:**Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. **Breathing:**Demonstrate improved breathing technique in front crawl.**Water Safety:**Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water. |
| **Year 5** | **Strokes:**Demonstrate increased technique in a range of strokes, swimming over a distance of 25m.**Breathing:**Explore underwater breaststroke breathing technique over a distance of 25m. **Water Safety:**Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P and huddle positions.  |
| **Year 6** | **Strokes:**Identify their personal best in a range of strokes. Successfully select and apply the fastest stroke over a distance of 25m. **Breathing:**Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m. **Water Safety:**Can select and apply the appropriate survival technique for the situation. |