**Our Lady and St Thomas Swimming Skills Progression**

At Our Lady and St Thomas, pupil engage in swimming lessons during their time in Class 3. These lessons may be extended to pupils in Class 4 and 5 where appropriate.

During these sessions, pupils are taught the National Curriculum objectives. Including:

* To 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.

The following skills are to be assessed at the end of each stage:

|  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Stage 1** |  | **Stage 2** |  | **Stage 3** |  | **Stage 4** |  | **Stage 5** |  | **Stage 6** |  | **Stage 7** |
| 1. | Enter the | 1. | Jump in | 1. | Jump in from | 1. | Perform a | 1. | Perform a flat | 1. | Give two | 1. | Push and glide and swim 25 |
|  | water safely. |  | from |  | poolside and |  | sequence of |  | stationary scull on |  | examples of how |  | metres backstroke |
| 2. | Move |  | poolside |  | submerge. |  | changing shapes |  | the back. |  | to prepare for |  | (performed to Swim England |
|  | forwards for a |  | safely. | 2. | Sink, push away |  | (minimum of | 2. | Perform a feet first |  | exercise and |  | expected standards). |
|  | distance of | 2. | Blow |
|  | from wall and |  | three) whilst |  | sculling action for 5 |  | understand why it | 2. | Push and glide and swim 25 |
|  | 5m. |  | bubbles a |
| 3. | Move |  | minimum of |  | maintain a |  | floating on the |  | metres in a flat |  | is important. |  | metres front crawl |
|  | backwards for |  | 3 |  | streamlined |  | surface and |  | position on the | 2. Sink, push off on |  | (performed to Swim England |
|  | a distance of |  | rhythmically |  | position. |  | demonstrate an |  | back. |  | side from the |  | expected standards). |
|  | 5m. |  | with nose | 3. | Push and glide |  | understanding of | 3. | Perform a sculling |  | wall, glide, kick | 3. Push and glide and swim 25 |
| 4. | Move |  | and mouth |  | on the front |  | floating. |  | sequence with a |  | and rotate into |  | metres breaststroke |
|  | sideways for a |  | submerged. |  | with arms | 2. | Push and glide |  | partner for 30-45 |  | backstroke. |  | (performed to Swim England |
|  | distance of | 3. | Regain |  | extended and |  | from the wall |  | seconds to include | 3. | Sink, push off on |  | expected standards). |
|  | 5m. |  | upright |
|  | log roll onto |  | towards the pool |  | a rotation. |  | side from the | 4. | Push and glide and swim 25 |
| 5. | Scoop the |  | position |
|  | the back. |  | floor. | 4. | Tread water for 30 |  | wall, glide, kick |  | metres butterfly (performed |
|  | water and |  | from the |
|  | wash face. |  | back | 4. | Push and glide | 3. | Kick 10 metres |  | seconds. |  | and rotate into |  | to Swim England expected |
| 6. | Be at ease |  | without |  | on the back |  | backstroke (one | 5. | Perform three |  | front crawl. |  | standards). |
|  | with water |  | support. |  | with arms |  | item of |  | different shaped | 4. | Swim 10 metres | 5. | Perform a movement |
|  | showered | 4. | Regain an |  | extended and |  | equipment |  | jumps into deep |  | wearing clothes. |  | sequence (linking skills with |
|  | from |  | upright |  | log roll onto |  | optional). |  | water. | 5. | Push and glide |  | strokes and sculls) of one |
|  | overhead. |  | position |  | the front. | 4. | Kick 10 metres | 6. | Push and glide and |  | and swim front |  | minute duration, in a group of |
| 7. | Move into a |  | from the | 5. | Travel 5 metres |  | front crawl (one |  | swim 10 metres |  | crawl to include at |  | three or more, incorporating a |
|  | Stretched |  | front with |  |  |  |  |
|  |  |  | on the front, |  | item of |  | backstroke |  | least six |  | number of the following skills: |
|  | Floating  |  | support. |  |  |  |  |  |
|  |  |  | perform a tuck |  |  |  | (performed to |  |  |  | *Sculling*: head first, feet first |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| position using | 5. Push from | to rotate onto the back and return on the back.1. Fully submerge to pick up an object.
2. Correctly

identify three of the four key water safety messages.\*1. Push and glide and travel 10 metres on the back.
2. Push and glide and travel 10 metres on the front.
3. Perform a tuck float and hold for three seconds.
4. Exit the water without using steps
 | equipment optional).1. Kick 10 metres butterfly on the front or on the back.
2. Kick 10 metres breaststroke on the front (one item of equipment optional).
3. Perform a head first sculling action for 5 metres in a flat position on the back.
4. Travel on back and log roll in one continuous movement onto front.
5. Travel on front and log roll in one continuous movement onto back.
6. Push and glide and swim 10 metres, choice of stroke is

optional. | Swim England expected standards).1. Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).
2. Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).
3. Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).
4. Perform a handstand and hold for a minimum of three seconds.
5. Perform a forward somersault.
6. Demonstrate an action for getting help.
 | rhythmical breaths.1. Push and glide and swim breaststroke to include at least six rhythmical breaths.
2. Push and glide and swim butterfly to include at least three rhythmical breaths.
3. Push and glide and swim backstroke to include at least six regular breaths.
4. Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards).
5. Perform a ‘shout and signal’ rescue.
6. Perform a surface dive
 | *Rotation*: forward or backward somersault, log roll *Floating*: star on the front or on the back, tuck float, create own*Eggbeater*: Moving, lifting one or both arms out of the water1. Perform a sitting dive or dive.
2. Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).
3. Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).
4. Tread water using eggbeater action for 30 seconds.
5. Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout
 |
| aids, | wall and |
| equipment or | glide on the |
| support. | back. |
| 8. Regain an | 6. Push from |
| upright | wall and |
| position from | glide on the |
| on the back, | front. |
| with support. | 7. Travel on |
| 9. Regain an | the back for |
| upright | 5m, aids or |
| position from | equipment |
| on the front, | may be |
| with support. | used. |
| 10. Push and glide | 8. Travel on |
| in a horizontal | the front |
| position to or | for 5m, aids |
| from a wall. | or |
| 11. Take part in | equipment |
| a teacher led | may be |
| partner | used. |
| oriented | 9. Perform a |
| game. | rotation |
| 12. Demonstrate | from the |
| an | front to the |
| understanding | back to gain |
| of pool rules. | an upright |
| 13. Exit thewater safely. | position.10. 10. Perform |
|  | a rotation |
|  | from the |
|  | back to the |
|  | front to |
|  | gain an |
|  | upright |
|  | position. |