



Swimming and Water Safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. At OLST, pupils swim during their time in Class 3. These lessons may be extended to pupils in Class 4 and 5 where appropriate

Pupils are taught 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

<p>position using aids, equipment or support</p> <p>8. Regain an upright position from the back, with support.</p> <p>9. Regain an upright position from the front, with support.</p> <p>10. Push and glide in a horizontal position to or from a wall.</p> <p>11. Take part in a teacher led partner orienteered game.</p> <p>12. Demonstrate an understanding</p>	<p>5. Push from wall and glide on the back.</p> <p>6. Push from wall and glide on the front.</p> <p>7. Travel on the back for 5m, aids or equipment may be used.</p> <p>8. Travel on the front for 5m, aids or equipment may be used.</p> <p>9. Perform a rotation from the front to the back to gain an upright</p>	<p>to rotate onto the back and return on the back.</p> <p>6. Fully submerge to pick up an object.</p> <p>7. Correctly identify three of the four key water safety messages.*</p> <p>8. Push and glide and travel 10 metres on the back.</p> <p>9. Push and glide and travel 10 metres on the front.</p> <p>10. Perform a tuck float and hold for three seconds.</p>	<p>equipment optional).</p> <p>5. Kick 10 metres butterfly on the front or on the back.</p> <p>6. Kick 10 metres breaststroke on the front (one item of equipment optional).</p> <p>7. Perform a head first sculling action for 5 metres in a flat position on the back.</p> <p>8. Travel on back and log roll in one continuous movement onto</p>	<p>Swim England expected standards).</p> <p>7. Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).</p> <p>8. Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).</p> <p>9. Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).</p> <p>10. Perform a handstand and hold for a minimum of three seconds.</p>	<p>rhythmical breaths.</p> <p>6. Push and glide and swim breaststroke to include at least six rhythmical breaths.</p> <p>7. Push and glide and swim butterfly to include at least three rhythmical breaths.</p> <p>8. Push and glide and swim backstroke to include at least six regular breaths.</p> <p>9. Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards).</p> <p>10. Perform a</p>	<p><i>Rotation:</i> forward or backward somersault, log roll</p> <p><i>Floating:</i> star on the front or on the back, tuck float, create own</p> <p><i>Eggbeater:</i> Moving, lifting one or both arms out of the water</p> <p>6. Perform a sitting dive or dive.</p> <p>7. Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).</p> <p>8. Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).</p> <p>9. Tread water using eggbeater action for 30 seconds.</p> <p>10. Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout</p>
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<p>of pool rules. 13. Exit the water safely.</p>	<p>position. 10. 10. Perform a rotation from the back to the front to gain an upright position.</p>	<p>11. Exit the water without using steps</p>	<p>front. 9. Travel on front and log roll in one continuous movement onto back. 10. Push and glide and swim 10 metres, choice of stroke is optional.</p>	<p>11. Perform a forward somersault. 12. Demonstrate an action for getting help.</p>	<p>'shout and signal' rescue. 11. Perform a surface dive</p>	
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