

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

position	5. Push	to rotate	equipmen	Swim	rhythmical	Rotation: forward or
using	from	onto	t	England	breaths.	backward
aids,	wall	the back	optional).	expected	6. Push	somersault, log roll
equipment	and	and	5. Kick 10	standards).	and glide	Floating: star on
or	glide on	return on	metres	7. Push and	and swim	the front or on the
support	the	the	butterfl	glide and swim	breaststroke	back, tuck float.
0. Durain an	back.	back.	y on	10 metres	to	create own
8. Regain an	6. Push from	6. Fully	the	front crawl	include at least	Eggbeater: Moving, lifting
upright	wall	submerge	front or on		Six	one or both arms out of
position from	and	to pick up	the	(performed to	rhythmical	the water 6. Perform a
on the	glide on	an	back.		,	sitting dive or dive. 7.
back,	the	object.	6. Kick 10	Swim	breaths.	Push and glide and swim
with	front.			England	7. Push	e e e e e e e e e e e e e e e e e e e
support.	7. Travel	7. Correctly	metres	expected	and glide	50 metres continuously
9. Regain an	on	identify	breasts	standards).	and swim	using
upright	the back	three	troke	8. Push and	butterfly to	one stroke (performed to
position	for	of the four	on	glide and swim	include at	Swim England
from	5m, aids	key	the front	10 metres	least	expected
on the	or	water	(one	breaststroke	three	standards).
front,	equipmen	safety	item of	(performed	rhythmical	8. Push and glide and
with	t	messages.*	equipmen	to	breaths.	swim 100 metres,
support.	may be	8. Push	t	Swim	8. Push	using a minimum of
10. Push	used.	and glide	optional).	England	and glide	three different strokes
and	8. Travel	and travel	7. Perform a	expected	and swim	(performed to
glide	on	10	head first	standards).	backstroke to	Swim England
in a horizo	the front	metres on	sculling	,		expected
ntal	for 5m,	the	action for 5	9. Push and	include at least six	standards).
position to	aids	back.	metres in a	glide and swim		9. Tread water using
or	or	9. Push	flat	10 metres	regular breaths.	eggbeater action for
from a	equipmen	and glide	position on	butterfly		30 seconds.
wall.	t	and travel	the	(performed	9. Push	
11. Take	may be	10	back.	to	and glide	10. Complete an
part in a	used.	metres on		Swim	and swim	obstacle course (using
teacher	9.	the	8. Travel	England	25	minimum of four
led	Perfor	front.	on	expected	metres, choice	objects) with feet
partner	m a		back	standards).	of	off the pool floor
oriente	rotation	10. Perform	and	10. Perform a	stroke is	throughout
d	from	a tuck	log	handstand	optional	
game.	the	float	roll in	and hold	(performed to	
12.	front to the	and	one	for a	Swim England	
Demonstr	back to	hold	continuous	minimum of	expected	
ate an understandin	gain	for three	movement	three	standards).	
g	an upright	seconds.	onto	seconds.	10. Perform a	
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of pool rules. 13. Exit the water safely.	position. 10. 10. Perform a rotation from the back to the front to gain an upright position.	11. Exit the water witho ut using steps	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.	 11. Perform a forward somersault. 12. Demons trate an action for getting help. 	ʻshout and signal' rescue. 11. Perform a surface dive	
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