Swimming

	Curriculum intent:
	Shawclough Primary School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to be effective participators, creative thinkers through cooperate and collaboration with others as part of an effective team workers, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Shawclough, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Swimming Progression Grid

KS2 National Curriculum Aims
In particular, pupils should be 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**

Year 4		
Swimming competence		
Emerging	Developing	Standard
- To put face in water and blow bubbles. - To fully submerge under water. - To swim 10 metres across the pool without support. - To develop swimming strokes of back stroke and a front stroke over the distance of 10 metres	- To be able to swim 20 metres across the pool without support. - To swim 10 metres front crawl and back stroke. - To dive down below the water surface to pick up an item.	- To be able to swim 25 metres any style, unsupported. - To be able to swim in the deep end of the pool with confidence.
Self-rescue and ability in different water-based situations		
		To be able to perform safe self-rescue in different water-based situations.