

# Hazelwood Schools



## Swimming

## Knowledge and Skills Progression

## Progression in Swimming

The purpose of this document is to illustrate how skills, knowledge and vocabulary can build progressively from one year to the next. Pupils are working towards achieving their age-related expectations, as well as continuing to practice and perform learning mastered in previous years.

In KS2, pupils will develop swimming skills focusing on the basics of floating, stroke technique and personal survival, including safe self-rescue. *Safe Practice in Physical Education, School Sport and Physical Activity (2020)* is the mandatory guidance that has shaped the content relating to water safety. Some of this can be covered in an initial water safety talk and can be referred to by teachers at any point as appropriate in other curriculum areas. During swimming lessons students will learn about the dangers of water and how to be safe and risk assess potential hazards

Scheme of work reference	Skills	Knowledge	Vocabulary
<b>Non swimmers 1</b>	Enter and exit pool safely from the side or ladder. Submerge and blow bubbles. Swim with floats or armbands creating a fast up and down leg movement on front and back. Swim up to 5 metres without aids or support.	Know the dangers of slipping or falling in.	Submerge, float, kick, sink, swim, exit, enter, fast, slow, shallow, deep.  Safety, dangers, armbands, floats, supports.
<b>Non swimmers 2</b>	Float or swim with face in the water. Start to swim without aids. Learn to swim at least 5 metres on back as well as front.	Understand the dangers of diving.  Explore freely how to move in and under water.	Distance, dive, leg kick, bottom.
<b>Non swimmers 3</b>	Swim at least 9 metres without aids on front and back. Star float front and back without aids. Rotate from front to back while floating.	Identify activities they are confident with in water.  Know and adhere to pool rules.	Star float, rotate, lie on front and back.  Safety: no running, pushing or ducking. Costume, instructions, rules, hygiene.
<b>Swimmers 1</b>	Swim between 10 and 20 metres unaided. Submerge fully. Tread water and float without aids. Roll from front to back while swimming. Push and glide from the wall. Demonstrate sculling and swimming in clothes whilst practising safe self-rescue skills.	Make a sequence of floats without standing.  Recognise how the temperature of the water makes their body feel  Know how to signal for help	Push and pull with the arms, breathe Underwater, in water, on water, mushroom float, pike float, roll, glide, retrieve, propel, scull, rescue.  Temperature, signal.

<p><b>Swimmers 2</b></p>	<p>Swim between 10 and 20 metres using front crawl and/or back crawl. Swim underwater for a distance. Roll swimming front crawl over to back crawl. Push and glide on front and back.</p>	<p>Identify and describe different arm and leg actions. Understand how the actions work to propel themselves through water. Work on their own in the water using different practices to enhance stroke technique.</p> <p>Understand the dangers of water and how to act responsibly when playing in or near different water environments.</p> <p>Explain the water safety code.</p>	<p>Stroke, technique, Front crawl, back crawl. Lie flat, streamlined, water safety code, relax, signal.</p> <p>Danger, acting responsibly.</p> <p>Water Safety Code.</p>
<p><b>Swimmers 3</b></p>	<p>Swim 25 metres starting in deep water confidently. Jump safely into shallow water. Tread water confidently in deep water. Be able to scull either head first or feet first Demonstrate at least 2 different floating positions. Demonstrate rolls, tubs or somersaults in water. Perform a hand stand and/or retrieve objects off the pool floor. Demonstrate the basic idea of front crawl breathing. Create a circular shape for breaststroke and an undulating movement for butterfly. Swim on back with either a sculling or backstroke movement of the arms.</p>	<p>Suggest activities and practices to improve performance Understand and perform a reach rescue.</p> <p>Explain the differences between swimming in open water and a heated swimming pool Explain how strong swimmers can get into difficulties when the water is cold, unpredictable and deep.</p> <p>Know how to perform the Heat Escape Lessening Position (HELP) and the Huddle position.</p> <p>Recognise national swimming flags and warning signs.</p>	<p>Scull, tub, rescue, tread water, somersault, breathing, breast stroke, butterfly, surface diving, hazard, heat loss, wetsuit, lifeguard, windsock.</p> <p>Open water, unpredictable, strong currents.</p> <p>HELP and Huddle positions.</p> <p>National swimming flags.</p>
<p><b>Cross Curricular links:</b></p>	<p>Red = Science Blue = Maths PSHE/PE = Health and well-being/health and safety. Aspects of safe practice in swimming could be delivered through the water safety talk or by teachers in other curriculum areas such as geography; e.g. open water swimming and national swimming flags.</p>		