

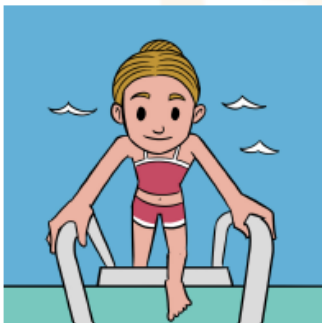
Links to the PE National Curriculum

All schools must provide swimming instruction either in key stage 1 or key stage 2. 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.

Key Skills: Physical

- Float
- Travel
- Submerge
- Kick with legs
- Pull with arms
- Glide



Key Skills: S.E.T

- Social: Co-operation
- Social: Supporting and encouraging others
- Emotional: Confidence
- Emotional: Determination
- Emotional: Challenging myself
- Thinking: Creating actions
- Thinking: Using tactics



Top Tips for Teachers

- Use the time you have travelling to and from the pool to discuss water safety. Find resources from Swim England in the resource bank to support this.
- It is recommended that all pupils wear swimming hats.
- Have a range of buoyancy equipment available for less confident swimmers such as arm discs, swim belts and noodles.
- The Get Set 4 PE swimming plans are written for group sizes of 12. These can be taught for more or less pupils but you will need to be mindful of the equipment required and ratios of adults to pupils.
- The Year 1/2 SOW is written for beginner swimmers, the Y3/4 SOW is written for developing swimmers and the Y5/6 SOW is written for intermediate swimmers. When selecting lesson plans to teach, consider the level of your swimmers not necessarily the age.
- Always check the safety and pool guidelines of the facility you use before teaching.

Key Vocabulary:

- safely
- enter
- rules
- front
- travel
- kicking
- exit
- back
- pulling
- breathing
- unaided
- gliding
- floating
- splash

Teacher Glossary

Pull: the action done by the arms to move through the water.

Glide: When a swimmer coasts with a pause in their stroke or after pushing off from the side.

Where this unit sits

Assessment Criteria

Year 1

- I can explain a pool rule that helps me to stay safe.
- I can float on my front and back.
- I can move and submerge confidently in the water.
- I can swim over a distance of 10m with a buoyancy aid.
- I know and can demonstrate what to do if I fall into water.

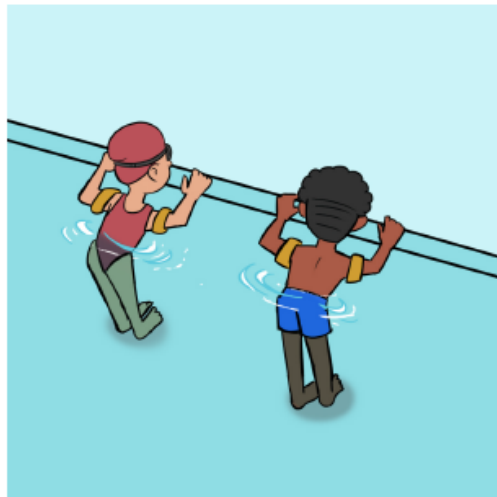
Year 2

- I can begin to use arms and legs together to move effectively across the water.
- I can demonstrate what to do if I fall into water.
- I can float on my front and back.
- I can glide on both front and back.
- I can roll from my front to my back and then regain a standing position.
- I can swim over a distance of 10m unaided.
- I know several pool rules and can explain how they help me to stay safe.

Year 3

- I can swim competently, confidently and proficiently over a distance of at least 25 metres.
- I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- I can perform safe self-rescue in different water-based situations.

Progression of Skills Ladder



<p>Strokes</p> <p>Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p>	<p>Year 3</p>	<p>Breathing</p> <p>Begin to explore front crawl breathing technique.</p>	<p>Water Safety</p> <p>Explore techniques for personal survival to include survival strokes such as sculling and treading water.</p>
<p>Strokes</p> <p>Begin to use arms and legs together, more effectively across the water unaided.</p>	<p>Year 2</p>	<p>Breathing</p> <p>Begin to explore breathing in sync with their kicking action.</p>	<p>Water Safety</p> <p>Demonstrate an awareness of water safety and float on their front and on their back.</p>
<p>Strokes</p> <p>Can swim over a 10m distance with a buoyancy aid.</p>	<p>Year 1</p>	<p>Breathing</p> <p>Can submerge confidently in the water.</p>	<p>Water Safety</p> <p>Become aware of water safety and explore floating on their front and back.</p>