

## 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:

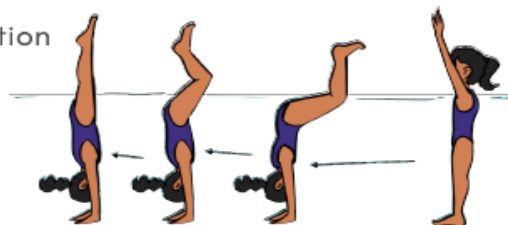
- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- perform safe self-rescue in different water-based situations.

### Key Skills: Physical

- Submersion
- Floating
- Gliding
- Front crawl
- Backstroke
- Breaststroke
- Rotation
- Sculling
- Treading water
- Handstands
- Surface dives
- H.E.L.P and huddle position

### Key Skills: S.E.T

- Social: Communication
- Social: Supporting and encouraging others
- Social: Keeping myself and others safe
- Emotional: Confidence
- Thinking: Comprehension
- Thinking: Planning 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. Goggles are recommended for KS2.
- 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:

Encourage pupils to use this language in your lessons.

\*Year 4 would use Year 3 and Year 4 vocabulary

- Year 3**
- Sculling
  - Crawl
  - Breaststroke
  - Submersion
  - Rotation
  - Backstroke
- Year 4**
- Buoyancy
  - Survival
  - Alternate
  - Huddle
  - Stroke
  - Treading water

## Teacher Glossary

**Body roll:** When a swimmer rotates their body from side to side.

**Glide:** When a swimmer coasts with a pause in their stroke.

**Stroke:** A style of swimming. There are four competitive strokes: butterfly, backstroke, breaststroke, freestyle.

**Sculling:** Using quick movements of the hands to keep the head above the water. Sculling can be done head first or feet first.

**Treading water:** A survival technique used to keep the head above the water.

# Where this unit sits



## Assessment Criteria

### Year 2

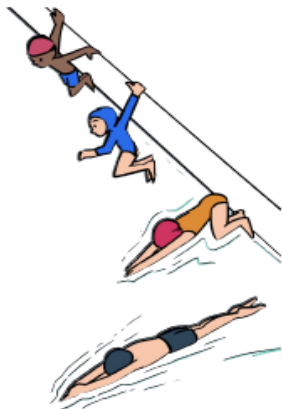
- I can begin to use arms and legs together to move effectively across the water.
- I can demonstrate what to do if I fall into water.
- I can float on my front and back.
- I can glide on both front and back.
- I can roll from my front to my back and then regain a standing position.
- I can swim over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

### Year 3 and Year 4

- 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.

All KS2 Swimming works towards achieving the same assessment criteria as that which is set out in the National Curriculum.

## Progression of Skills Ladder



<p><b>Strokes</b></p> <p>Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p>	<p><b>Year 4</b></p>	<p><b>Breathing</b></p> <p>Demonstrate improved breathing technique in front crawl.</p>	<p><b>Water Safety</b></p> <p>Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p>
<p><b>Strokes</b></p> <p>Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p>	<p><b>Year 3</b></p>	<p><b>Breathing</b></p> <p>Begin to explore front crawl breathing technique.</p>	<p><b>Water Safety</b></p> <p>Explore techniques for personal survival to include survival strokes such as sculling and treading water.</p>
<p><b>Strokes</b></p> <p>Begin to use arms and legs together, more effectively across the water unaided.</p>	<p><b>Year 2</b></p>	<p><b>Breathing</b></p> <p>Begin to explore breathing in sync with their kicking action.</p>	<p><b>Water Safety</b></p> <p>Demonstrate an awareness of water safety and float on their front and on their back.</p>