

STOKENCHURCH PE PROGRESSION OF SKILLS - SWIMMING

Swimming Progression of Skills		
Beginner		Swim a short distance between 5 and 20 metres unaided using one consistent stroke.
		Propel themselves over longer distances using swimming aids.
		Move with more confidence in water including submerging themselves fully.
		Enter and exit the water independently.
		Float and regain to standing confidently.
		Push and glide and transition from glide to stroke.
		Attempt skill of sculling and use to propel themselves.
		Apply basic arm and leg action to 'doggy paddle'.
Intermediate		Swim over greater distance of 10 and 20 metres with confidence in shallow water.
		Begin to use basic swimming techniques including correct arm and leg action.
		Attempt to use basic breathing patterns when swimming.
		Enter and exit the water in a variety of ways.
		Work in collaboration to perform group challenges such as group floats.
		Submerge, sink, roll and rotate underwater.
		Attempt surface dive.

Advanced	Bring control and fluency to at least two recognised strokes.
	Compete as part of a team.
	Implement good breathing technique to allow for smooth stroke patterns.
	Have attempted personal survival techniques as an individual and a group with success.
	Link lengths together with turns and attempt a tumble turn in isolation and during stroke.
	Surface dive and travel to the bottom of the pool to collect objects.
	Work up to crouching dive.
	Work in pairs to refine stroke technique and suggest ways they can improve.
	<b>Swim competently, confidently and proficiently over a distance of at least 25 metres. *</b>

National Curriculum Statements	
<b>Swimming and water safety</b>	<p>All schools must provide swimming instruction in either KS1 or KS2.</p> <p>In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> <li>-swim competently, confidently and proficiently over a distance of 25 metres</li> <li>-use a range of strokes effectively</li> <li>-perform safe self-rescue in different water-based situations</li> </ul>

**Characteristics displayed by greater depth children in PE**

*Assessing children as Greater Depth in P.E is often difficult. Whilst one child may excel in Sports, they may not demonstrate the same ability in Gymnastics. Therefore, when making an overall judgment on Greater Depth it needs to be a best-fit policy across all disciplines. Teachers should consider the following core values and beliefs when assessing whether a pupil is greater depth. Greater depth children will be:*

- Children who take part in after-school sports clubs both in school and external clubs.
- Children who have been selected to represent their county, team or higher.
- Children who have been awarded trophies and certificates.
- Children who have the confidence to lead others.
- Children who understand what it means to live a fit and healthy lifestyle – and lead one themselves to some extent.
  - Why do we warm up and cool down?
  - Why does our heart pump faster?
  - What muscles are being used in different skills?
- Children who excel in a variety of sports and show great enthusiasm when taking part in physical activity.
- Enjoys the task of learning new skills and applies them quickly.
- A high natural ability.
- Children who can transfer skills previously taught from one sport-based context to another.
- Children who display a good understanding of the rules.
- Children who can use and change tactics within games.
- Children who are able to set themselves personal challenges (independently) and achieve them (independently or with support).
- Children who work very well as part of a team and show great sportsmanship – being encouraging of others,
- Children who can perform well in a competitive format.