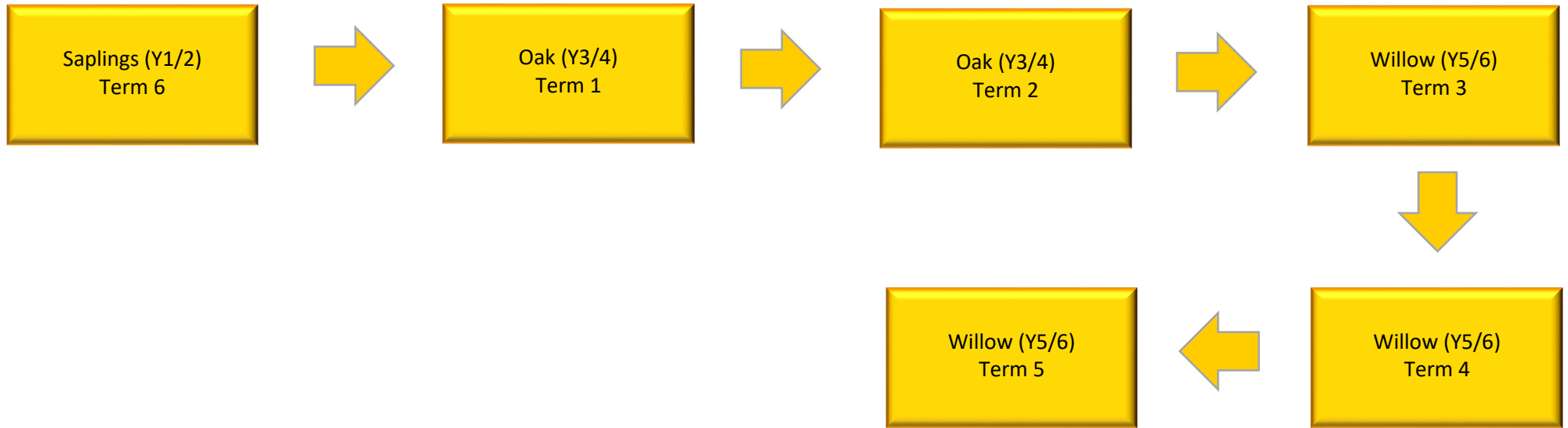


Halstead Community Primary School P.E and Design Skills Progression

Swimming

Cycle A

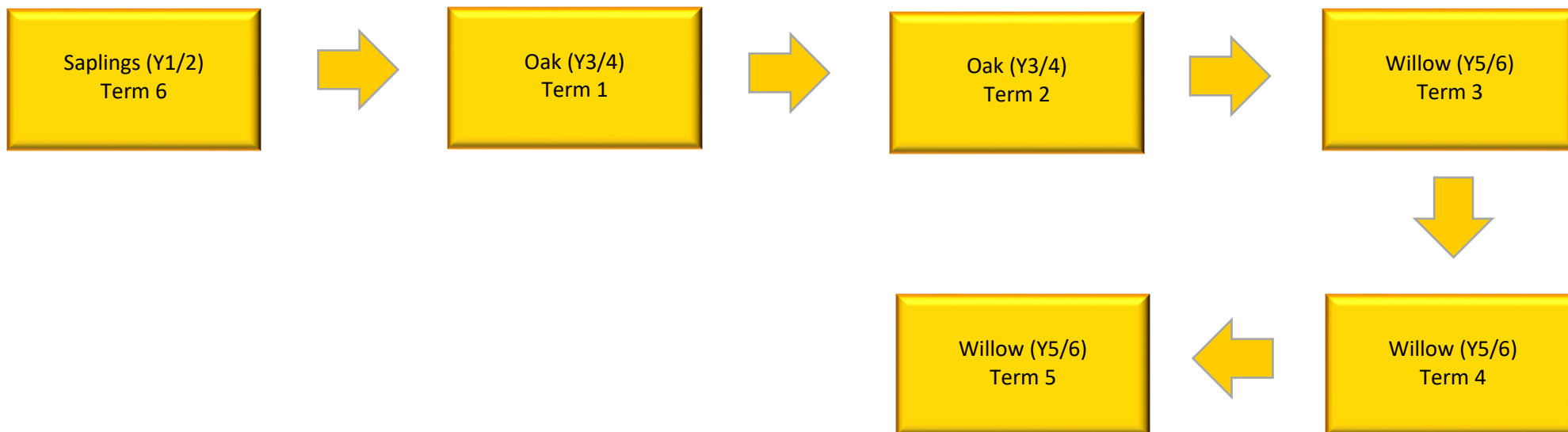


	Saplings (Y1/2) Term 6		Oak (Y3/4) Term 1		Oak (Y3/4) Term 2		Willow (Y5/6) Term 3		Willow (Y5/6) Term 4		Willow (Y5/6) Term 5	
	Year 1	Year 2	Year 3	Year 4	Year 3	Year 4	Year 5	Year 6	Year 5	Year 6	Year 5	Year 6
Swimming	Enter the water safely and comfortably, with full adult support.	Float on the back, with full adult support. Complete a 360 degree turn, with full adult support. Move through the water in a	Float on the back, with full adult support behind the head, shoulders and hips. Reach and grab toys on the water surface.	Move forward for a distance of 5 metres, feet may be on or off the floor. Move backwards for a distance of 5 metres, feet may be on or off the floor.	Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment. Travel using a recognised	Jump in from poolside and submerge. Sink, push away from wall and maintain a streamlined position. Push and glide on the front with	Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.	To swim competently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively e.g. front	Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.	To swim competently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively e.g. front	Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.	To swim competently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively e.g. front

	<p>adult support.</p> <p>Float on the back and return to an upright position, with full adult support.</p> <p>Be at ease with water being poured on the back of the head.</p> <p>Move smoothly through the water, in an upright position, with full adult support.</p> <p>Exit the water safely with full adult support.</p>	<p>streamlined position on the back, with full adult support.</p> <p>Move smoothly through the water, in an upright position, with full adult support.</p> <p>Travel on the front or back, with full adult support.</p> <p>Make progress towards holding the side of the pool, with full adult support.</p>	<p>Rotate 180 degrees either using a log roll or an upright position, with full adult support.</p> <p>Move through the water in a streamlined position on the front, with full adult support.</p> <p>Travel on the back using floatation equipment, with full adult support.</p> <p>Hold the rail or side of pool and move towards the step or ladders using floatation equipment, with full adult support.</p> <p>Push away from the wall in a streamlined position, with full adult support.</p>	<p>Move sideways for a distance of 5 metres, feet may be on or off the floor.</p> <p>Move from a flat floating position on the back and return to standing.</p> <p>Move from a flat floating position on the front and return to standing.</p> <p>Push and glide in a flat position on the front from a wall.</p> <p>Push and glide in a flat position on the back from a wall.</p> <p>Give examples of two pool rules.</p> <p>Perform a log roll from the front to the back.</p> <p>Exit the water without support.</p>	<p>leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment.</p> <p>Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.</p> <p>Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.</p> <p>Perform a log roll from the back to the front.</p> <p>Perform a log roll from the front to the back.</p> <p>Exit the water without support.</p>	<p>arms extended and log roll onto the back.</p> <p>Push and glide on the back with arms extended and log roll onto the front.</p> <p>Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.</p> <p>Push and glide and travel 10 metres on the back.</p> <p>Push and glide and travel 10 metres on the front.</p> <p>Perform a tuck float and hold for three seconds.</p> <p>Exit the water without using steps.</p> <p>Correctly identify three</p>	<p>Push and glide from the wall towards the pool floor.</p> <p>Kick 10 metres backstroke (one item of equipment optional).</p> <p>Kick 10 metres front crawl (one item of equipment optional).</p> <p>Kick 10 metres butterfly on the front or on the back.</p> <p>Kick 10 metres breaststroke on the front (one item of equipment optional).</p> <p>Perform a head first sculling action for 5 metres in a flat position on the back.</p> <p>Travel on back and log roll in one continuous movement onto front.</p>	<p>crawl, backstroke and breaststroke.</p> <p>To perform safe self-rescue in different water-based situations.</p>	<p>Push and glide from the wall towards the pool floor.</p> <p>Kick 10 metres backstroke (one item of equipment optional).</p> <p>Kick 10 metres front crawl (one item of equipment optional).</p> <p>Kick 10 metres butterfly on the front or on the back.</p> <p>Kick 10 metres breaststroke on the front (one item of equipment optional).</p> <p>Perform a head first sculling action for 5 metres in a flat position on the back.</p> <p>Travel on back and log roll in one continuous movement onto front.</p>	<p>crawl, backstroke and breaststroke.</p> <p>To perform safe self-rescue in different water-based situations.</p>	<p>Push and glide from the wall towards the pool floor.</p> <p>Kick 10 metres backstroke (one item of equipment optional).</p> <p>Kick 10 metres front crawl (one item of equipment optional).</p> <p>Kick 10 metres butterfly on the front or on the back.</p> <p>Kick 10 metres breaststroke on the front (one item of equipment optional).</p> <p>Perform a head first sculling action for 5 metres in a flat position on the back.</p> <p>Travel on back and log roll in one continuous movement onto front.</p>	<p>crawl, backstroke and breaststroke.</p> <p>To perform safe self-rescue in different water-based situations.</p>
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						of the four key water safety messages.	Travel on front and log roll in one continuous movement onto back. Push and glide and swim 10 metres, choice of stroke is optional.		Travel on front and log roll in one continuous movement onto back. Push and glide and swim 10 metres, choice of stroke is optional.		Travel on front and log roll in one continuous movement onto back. Push and glide and swim 10 metres, choice of stroke is optional.	
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Cycle B



	Saplings (Y1/2) Term 6		Oak (Y3/4) Term 1		Oak (Y3/4) Term 2		Willow (Y5/6) Term 3		Willow (Y5/6) Term 4		Willow (Y5/6) Term 5	
	Year 1	Year 2	Year 3	Year 4	Year 3	Year 4	Year 5	Year 6	Year 5	Year 6	Year 5	Year 6
Swimming	Enter the water safely and comfortably, with full adult support.	Float on the back, with full adult support. Complete a 360 degree turn, with full adult support.	Float on the back, with full adult support behind the head, shoulders and hips. Reach and grab toys on the water surface. Rotate 180 degrees either using a log roll or an upright position, with	Move forward for a distance of 5 metres, feet may be on or off the floor. Move backwards for a distance of 5 metres, feet may be on or off the floor. Move sideways for a distance of 5 metres, feet may be on or off the floor.	Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of	Jump in from poolside and submerge. Sink, push away from wall and maintain a streamlined position. Push and glide on the front with arms extended and log roll onto the back. Push and glide on the	Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating. Push and glide from the wall towards the pool floor. Kick 10 metres backstroke	To swim competently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. To perform safe self-	Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating. Push and glide from the wall towards the pool floor. Kick 10 metres backstroke	To swim competently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. To perform safe self-	Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating. Push and glide from the wall towards the pool floor. Kick 10 metres backstroke	To swim competently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. To perform safe self-

							Push and glide and swim 10 metres, choice of stroke is optional.		Push and glide and swim 10 metres, choice of stroke is optional.		Push and glide and swim 10 metres, choice of stroke is optional.	
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