

Swimming

Knowledge & Skills Progression

(End of KS2)

Emerging	<p>Can swim between 25 and 50metres unaided.</p> <p>Can keep swimming for 30 to 45 seconds, using swimming aids and support.</p> <p>Can use a variety of basic arm and leg actions when on their front and on their back.</p> <p>Can swim on the surface and lower themselves under water.</p> <p>Can take part in group problem-solving activities on personal survival.</p> <p>Recognise how their body reacts and feels when swimming.</p> <p>Can recognise and concentrate on what they need to improve.</p>
Expected	<p>Can swim between 50 and 100 metres and keep swimming for 45 to 90 seconds.</p> <p>Use three different strokes on their front and back.</p> <p>Can swim confidently and fluently on the surface and under water.</p> <p>Can control their breathing.</p> <p>Work in groups to solve specific problems and challenges, sharing out the work fairly.</p> <p>Recognise how swimming affects their body, and pace their efforts to meet different challenges.</p> <p>Suggest activities and practices to help improve their own performance?</p>
Exceeding	<p>Can swim further than 100 metres.</p> <p>Can swim fluently and confidently for over 90 seconds.</p> <p>Use all 3 strokes with control.</p> <p>Can swim short distances using butterfly.</p> <p>Can breathe so that the pattern of their swimming is not interrupted.</p> <p>Can perform a wide range of personal survival techniques confidently.</p> <p>Know what the different tasks demand of their body, and pace their efforts well to meet challenges.</p> <p>Can describe swimming technique and show and explain it to others?</p>