

## Everton Primary School – PE Progression Document

### Swimming and Water Safety

Key Area	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Swimming and Water Safety				<p>Know how to swim 10m unaided in shallow water using one basic method.</p> <p>Know to kick legs from the hip and identify when this needs improvements.</p> <p>Put face in water and blow bubbles.</p> <p>Know how to enter and exit water safely and remain safe around water.</p> <p>To know and explain dangers around water.</p> <p><b>ASpr1, ASpr2, ASum1</b> <b>BSpr1, BSpr2, BSum1</b></p>	<p>Know how to swim between 10m and 20m unaided in shallow water, using one basic method to achieve the distance.</p> <p>To know how to use floats to swim longer distances with a more controlled leg kick.</p> <p>Put face under the water and blow bubbles (begin to do this whilst swimming).</p> <p>To know how to move in and under water.</p> <p>To know and explain how swimming affects</p>	<p>Know how to swim between 10m and 20m unaided in shallow water, using one stroke.</p> <p>To begin to know swim 10m-15m unaided using a second stroke.</p> <p>To know how to put your face in water and breath correctly when swimming in one identifiable stroke.</p> <p>Use a float to aid their swimming and confidence in deeper water.</p> <p>To know how to use a float to develop leg and arm techniques.</p> <p>To begin to know and explain how</p>	<p>To know how to swim 25m unaided in water using one basic method to achieve this distance.</p> <p>To know how to use different strokes swimming on both front and back.</p> <p>To know how to control breathing whilst swimming.</p> <p>To know how to swim confidently and fluently both on the surface and under the water.</p> <p>To know and explain how to remain safe in water and what do if you or someone nearby</p>

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					<p>breathing.</p> <p>To know and understand water can be dangerous and repeat what to do when in difficulty.</p> <p><b>ASpr1, ASpr2, ASum1</b> <b>BSpr1, BSpr2, BSum1</b></p>	<p>to keep safe whilst in water and what dangers should be identified.</p> <p><b>ASpr1, ASpr2, ASum1</b> <b>BSpr1, BSpr2, BSum1</b></p>	<p>gets into difficulty.</p> <p><b>ASpr1, ASpr2, ASum1</b> <b>BSpr1, BSpr2, BSum1</b></p>
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