

## Progression in swimming (stages 1 - 4)

Stage 1 (can be assessed with or without a floatation aid)	Stage 2 (any travel must be assessed without a floatation aid)	Stage 3 (must be assessed without a floatation aid)	Stage 4
Enter the water safely.	Jump in from poolside safely with a minimum depth of 1.0 metres.	Jump in from poolside safely with a minimum depth of 1.0 metres.	Perform a sequence of changing shapes (at least 3) whilst floating on the surface and demonstrate an understanding of floating.
Move forward for a distance of 5 metres. (feet on or off the floor)	Blow bubbles for a minimum of three times rhythmically, with nose and mouth submerged.	Sink, push away from wall and maintain a streamline position.	Push and glide from the wall towards to pool floor.
Move backwards for a distance of 5 metres. (feet on or off the floor)	Move from a flat floating position on the back and return to standing without support.	Push and glide on the front with arms extended and log roll onto the back.	Kick 10 metres backstroke (one item of equipment optional)
Move sideways for a distance of 5 metres. (feet on or off the floor)	Move from a flat floating position on the front and return to standing without support.	Push and glide on the back with arms extended and log roll onto the front.	Kick 10 metres front crawl (one item of equipment optional)
Scoop the water and wash the face.	Push from a wall and glide on the back – arms can be by the side or above the head.	Travel 5 metres on the front, perform a tuck roll and return on the back.	Kick 10 metres butterfly on the front or the back.
Be comfortable with water showered from overhead.	Push from the wall and glide on the front with arms extended.	Fully submerge to pick up an object.	Kick 10 metres breaststroke on the front (one item of equipment optional)
Move from flat floating position on back and return to standing.	Travel using a recognised leg action with feet off the pool floor on the back without floatation aids.	Correctly identify 3 of the 4 key water safety messages.	Perform a head-first sculling action for 5 metres in a flat position on the back.
Move from flat floating position on front and return to standing.	Travel using a recognised leg action with feet off the pool floor on the front without floatation aids.	Push and glide and travel for 10 metres on the back.	Travel on back and log roll in one continuous movement onto front.
Push and glide from a flat position on the front from a wall.	Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.	Push and glide and travel for 10 metres on the front.	Travel on the front and log roll in one continuous movement onto the back.

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Push and glide from a flat position on the back from a wall.	Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.	Perform a tuck float and hold for 3 seconds.	Push and glide and swim for 10 metres – choice of stroke optional.
Give examples of two pool rules.	Perform a log roll from the back to the front.	Exit the water without using the steps.	
Exit the water safely.	Perform a log roll from the front to the back.		
	Exit the water without support.		
<p>By the end of year 6 can the pupil:</p> <ul style="list-style-type: none"> <li>• Swim 25 metres</li> <li>• Use a range of strokes effectively (front crawl, backstroke and breaststroke)</li> <li>• Perform safe self-rescue in different water-based situations</li> </ul>			