**Swimming Skills and Knowledge Progression Grid**

**End of KS2 National Curriculum Aims**

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

* swim competently, confidently and proficiently over a distance of at least 25 metres
* use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
* perform safe self-rescue in different water-based situations.

The children will develop their swimming skills and survival knowledge, by progressing through 7 swimming levels and 1 STA Junior lifeguard level. These levels will be taught and assessed in termly swimming blocks- from year 2 onwards.

For further information about how swimming is taught at St Mary’s C of E, please see our **Swimming policy.**

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|  | **Level 1** | **Level 2** | **Level 3** | **Level 4** | **Level 5** | **Level 6** | **Level 7** |
|  | **Swim England Levels** | | | | | | |
| **1** | Enter the water safely. | Jump in the from the poolside safely. | Jump in from the poolside and submerge. | Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating. | Perform a flat stationary scull on the back. | Give two examples of how to prepare for exercise and understand why it is important. | Push and glide and swim 25 metres backstroke (performed to Swim England expected standards) |
| **2** | Move forward for a distance of 5 metres, feet may be on or off the floor. | Blow bubbles a minimum of three times rhythmically, with a nose and mouth submerged. | Sink, push away from wall and maintain a streamlined position. | Push and glide from the wall towards the pool floor | Perform a feet first sculling action for 5 metres in a flat position on the back. | Sink, push off on side from the wall, glide, kick and rotate into backstroke. | Push and glide and swim 25 metres front crawl (performed to Swim England expected standards). |
| **3** | Move backwards for a distance of 5 metres, feet may be 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). | Perform a sculling sequence with a partner for 30-45 seconds to include a rotation. | Sink, push off on side from the wall, glide, kick and rotate into front crawl. | Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards). |
| **4** | Scoop the water and wash the face. | 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). | Tread water for 30 seconds. | Swim 10 metres wearing clothes. | Push and glide and swim 25 metres butterfly (performed to Swim England expected standards). |
| **5** | Be comfortable with water showered from overhead. | 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 to rotate onto the back and return on the back. | Kick 10 metres butterfly on the front or on the back. | Perform three different shaped jumps into deep water. | Push and glide and swim front crawl to include at least six rhythmical breaths. | Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills below \* |
| **6** | Move from a flat floating position on the back and return to standing. | Push from a 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). | Push and glide and swim 10 metres backstroke (performed to Swim England expected standards). | Push and glide and swim breaststroke to include at least six rhythmical breaths. | Perform a sitting dive or dive |
| **7** | Push and glide in a flat position on the front from a wall. | Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment. | Correctly identify three of the four key water safety messages.\* | Perform a head first sculling action for 5 metres in a flat position on the back | Push and glide and swim 10 metres front crawl (performed to Swim England expected standards). | Push and glide and swim butterfly to include at least three rhythmical breaths. | Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards). |
| **8** | Push and glide in a flat position on the back 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 10 metres on the back. | Travel on back and log roll in one continuous movement onto front. | Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards). | Push and glide and swim backstroke to include at least six regular breaths. | Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards). |
| **9** | Give examples of two pool rules. | Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing. | Push and glide and travel 10 metres on the front. | Travel on front and log roll in one continuous movement onto back. | Push and glide and swim 10 metres butterfly (performed to Swim England expected standards). | Push and glide and swim 25 metres, choice of stroke is optional (performed to [Swim England expected standards](https://www.swimming.org/swimengland/swim-england-expected-standards/)). | Tread water using eggbeater action for 30 seconds |
| **10** | Exit the water safely. | Perform a log roll from the back to the front. | Perform a tuck float and hold for three seconds | Push and glide and swim 10 metres, choice of stroke is optional. | Perform a handstand and hold for a minimum of three seconds | Perform a ‘shout and signal’ rescue. | Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout. |
| **11** |  | Perform a log roll from the front to the back. | Exit the water without using steps. |  | Perform a forward somersault. | Perform a surface dive. |  |
| **12** |  | Exit the water without support. |  |  | Demonstrate an action for getting help. |  |  |
| * **Knowledge learnt**: | Always swim with an adult.  If someone is in trouble, call 99/112 | Always swim in a safe space.  Always swim with an adult.  If someone else is in trouble, call 999/112. | Always swim in a safe place.  Always swim with an adult.  If you fall in, float, breather and relax.  If someone else is in trouble, call 999/112.  SAFE code (RNLI) | Always swim in a safe place.  Always swim with an adult.  If you fall in, float, breather and relax.  If someone else is in trouble, call 999/112.  SAFE code (RNLI)  Flags at a beach | Help/ Huddle Position  SAFE code (RNLI)  Swimming in rip currents  Flags at a beach | Help/ Huddle Position  SAFE code (RNLI)  Swimming in rip currents  Flags at a beach | How to use a rescue line.  Swimming in rip currents  Hazards from swimming in the sea  \*Sculling: head first, feet first Rotation: forward or backward somersault, log roll Floating: star on the front or on the back, tuck float, create own Eggbeater: Moving, lifting one or both arms out of the water |

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| **Level 7- STA Junior Lifeguard award.** |

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|  | **Rescue tube (fins and no fins)** | **Fin swimming (swimming pool and beach)** | **Boogie Board (swimming pool and beach)** | **Communication** |
| **1** | Perform a safe entry with a rescue tube. | Fit a pair of fins safely and enter water. | Describe the main features of a boogie board. | Describe different communications methods and how they are used. |
| **2** | Swim continuously with a rescue tube, 20 metres breaststroke and 20 metres head up front crawl. | Enter the water using a giant stride, slide in or walk-in entry. | Paddle 20 metres front crawl, turn 180 degrees, paddle 20 metres butterfly, stop and turn 180 degrees. | Understand the importance of how to raise the alarm. |
| **3** | Perform a reach rescue to a casualty 2 metres away. | Swim 20 metres front crawl with fins. | Perform a 15-metre conscious co-operative non-contact rescue using a boogie board. | Perform 3 hand signals. |
| **4** | Perform a throwing rescue to a casualty 4 metres away. | Swim 20 metres head up front crawl with fins | Perform a 75-metre paddle in 40 seconds. (50 seconds in sea) | Know when and how to use whistle signals. |
| **5** | Perform a wade swim rescue to a casualty 15 metres away. | Swim 20 metres side stroke with fins | Perform a 10-metre unconscious casualty rescue. | Know how to contact the emergency services. |
| **6** | Perform the H.E.L.P position with a rescue tube and shout and signal for help, for 1 minute. | Swim 20 metre backstroke with fins | Simulate rescue breaths to an unconscious non-breathing casualty. | Role play making an emergency call. |
| **7** | Swim/wade 20 metres, perform a surface dive and retrieve an object. | Tread water for 2 minutes with fins |  | State what information is need when making an emergency call. |
| **8** | Perform an unconscious casualty turn and tow | Trad water without using hands for 30 seconds with fins. |  | Use hand signals to another junior lifeguard to follow instructions. |
| **9** | Perform supported rescue breaths on an unconscious casualty. | Perform a surface dive, swim underwater for 5 metres using a dolphin leg action and ascend to the surface safely. |  | Under and follow hand signals. |
| **10** | Swim 20 metres to a casualty and swim 20 metres back in 1 minute 30 seconds. | Swim 3 metres on the surface and 3 metres underwater with a buddy. |  | Perform some simple spelling using the phonetic alphabet. |
| **11** |  | Walk out or climb out and remove find safely. |  | Use radio terminology to send a pre-set message. |
| **12** |  |  |  |  |