



Areas of study	Y1	Y2	Y3	Y4	Y5	Y6
Motor Competence	Move in different directions in the water with feet on or off floor	Move in different directions in the water with feet off floor	Develop use of Front crawl stroke and kicking legs on back	Full use of Front crawl stroke and able to swim on back with arms and legs	Full use of Front crawl and backstroke swimming 25 meters. Developing Breaststroke.	Full use of Front crawl and backstroke for 25 meters. Development of Breaststroke and Butterfly swimming. Able to self-rescue
Rules, strategies and tactics	Developing simple strategies for moving with control	Know to have feet off the bottom and face in the water	Know to use arms and legs alternatively but continuous for Front crawl and Backstroke	Know to use arms and legs alternatively but continuous for Front crawl and Backstroke	Rules for simple starts and turns. Use of symmetrical and simultaneous leg and arm action for Br Breaststroke	Understanding starts and turns that meet rules. Use of symmetrical and simultaneous leg and arm action for Breaststroke
Procedural knowledge	Know how to enter and exit water safely	Know how to call for help and stay safe at pool	Apply principles of smooth, controlled strokes	Apply principles of smooth, controlled strokes	Be able to compare and contrast strokes in order to show what went well and what needs to improve	Evaluate strokes with respect and appropriate vocabulary. Able to talk through steps to stay safe and self-rescue key points
Healthy Participation	Continuous movement of 5meters in water without stopping	Continuous swimming of at least 5meters without stopping	Continuous swimming of at least 10 meters without stopping	Continuous swimming of at least 15meters without stopping	Continuous swimming of at least 20meters without stopping	Continuous swimming of at least 25meters and more without stopping
Cross-curricular links	Science – the body and parts RE - values and Perseverance	English - Jesse Owen text Science – the body and parts	Science – the body and parts PSHE - Health education and choices	English – Marcus Rashford Science – the body and parts	Science – the body, parts and their functions PSHE – Health education	Science – the body parts and functions PSHE – Healthy Lifestyles/Education RE values - respect