



Progression in PE

Swimming

	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
	<i>Practicing the skills</i>	<i>Taking part in the game Applying the skills Evaluation of skills</i>	<i>Positive contribution to physical and mental health</i>	
Stage 1	<ol style="list-style-type: none"> 1. Enter the water safely. 2. Move forward for a distance of 5 metres, feet may be on or off the floor. 3. Move backwards for a distance of 5 metres, feet may be on or off the floor. 4. Move sideways for a distance of 5 metres, feet may be on or off the floor. 5. Scoop the water and wash the face. 6. Be comfortable with water showered from overhead. 7. Move from a flat floating position on the back and return to standing. 8. Move from a flat floating position on the front and return to standing. 9. Push and glide in a flat position on the front from a wall. 10. Push and glide in a flat position on the back from a wall. 11. Give examples of two pool rules. 12. Exit the water safely. 		<p>Discuss the benefits of swimming as part of a balanced lifestyle.</p> <p>Discuss what the benefits of swimming are to good health.</p> <p>Explain how swimming makes your body feel- muscles, heart rate.</p>	Floating Push Glide
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Stage 2	<ol style="list-style-type: none"> 1. Jump in from poolside safely. 2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged. 		<p>Discuss the benefits of swimming as part of a balanced lifestyle.</p>	Submerged Tuck Rotate Log roll

	<ol style="list-style-type: none"> 3. Move from a flat floating position on the back and return to standing without support. 4. Move from a flat floating position on the front and return to standing without support. 5. Push from a wall and glide on the back- arms can be by the side or above the head. 6. Push from a wall and glide on the front with arms extended. 7. Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment. 8. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment. 9. Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then returning to standing. 10. Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing. 11. Perform a log roll from the back to the front. 12. Perform a log roll from the front to the back. 13. Exit the water without support. 		<p>Discuss what the benefits of swimming are to good health.</p> <p>Explain how swimming makes your body feel- muscles, heart rate.</p>	
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Stage 3	<ol style="list-style-type: none"> 1. Jump in from poolside and submerge. 2. Sink, push away from wall and maintain a streamlined position. 3. Push and glide on the front with arms extended and log roll onto the back. 4. Push and glide on the back with arms extended and log roll onto the front. 5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back. 6. Fully submerge to pick up an object. 7. Correctly identify three of the four key water safety messages 		<p>Discuss the benefits of swimming as part of a balanced lifestyle.</p> <p>Discuss what the benefits of swimming are to good health.</p> <p>Explain how swimming makes your body feel- muscles, heart rate.</p>	<p>Submerge</p> <p>Streamlined</p> <p>Glide</p> <p>Log roll</p> <p>Tuck</p> <p>Rotate</p>

	8. Push and glide and travel 10 metres on the back. 9. Puch and glide and travel 10 metres on the front. 10. Perform a tuck float and hold for three seconds. 11. Exit the water without using steps.			
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Stage 4	1. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating. 2. Push and glide from the wall towards the pool floor. 3. Kick 10 metres backstroke (one item of equipment optional). 4. Kick 10 metres front crawl (one item of equipment optional). 5. Kick 10 metres butterfly on the front or on the back. 6. Kick 10 metres breaststroke on the front (one item of equipment optional). 7. Perform a headfirst sculling action for 5 metres in a flat position on the back. 8. Travel on back and log roll in one continuous movement onto front. 9. Travel on back and log roll in one continuous movement onto back. 10. Push and glide and swim 10 metres, choice of stroke is optional.		Discuss the benefits of swimming as part of a balanced lifestyle. Discuss what the benefits of swimming are to good health. Explain how swimming makes your body feel- muscles, heart rate.	Sequence Float Glide Backstroke Front crawl Butterfly Breaststroke Sculling