Broadmayne First School SWIMMING SEQUENCE OF LEARNING

Non-negotiables are shown in blue

Reception	Year 1	Year 2	Year 3	Year 4
Water confidence I can follow pool rules and stop when asked. I can enter and leave the water safely with adult support. I can move through shallow water in different directions. I can put my face in the water and blow bubbles. I can splash water over my face confidently. I can float on my front and back with support. I can return to standing from a supported float. I can kick my legs while holding a float or the side. I know to stay with an adult near water and call for help.	Floating and travelling I can follow pool rules and enter and leave safely. I can breathe out into the water with my face submerged. I can float on my front and back, reducing support. I can regain my feet from a float with increasing independence. I can push and glide on my front and back with support if needed. I can kick on my front and back using a float. I can travel 5 metres using arms and legs, with support if needed. I can turn and return to the side over a short distance. I know to shout for an adult if someone is in difficulty.	Independent swimming I can enter and leave safely and respond to instructions. I can float on my front and back and regain my feet independently. I can push and glide in a streamlined shape. I can swim 5 metres independently on my front and back. I can work towards swimming 10 metres without an aid. I can coordinate arm and leg actions for front crawl and backstroke. I can breathe out underwater and breathe in above the surface. I can roll from front to back and turn towards the side. I know to call for help and never enter water to rescue someone.	Stroke development I can swim 10 metres independently with a recognisable stroke. I can build towards swimming 15 to 20 metres with control. I can coordinate my arms, legs and breathing in front crawl. I can swim on my back with a controlled body position. I can practise breaststroke leg action and introduce arm coordination. I can push, glide and change direction efficiently. I can roll onto my back, float and signal for help. I can practise treading water for a short time. I can link a safe entry, float, turn and swim to an exit in a supervised practice.	Swimming and self rescue I can swim at least 25 metres continuously and confidently without an aid. I can use front crawl and backstroke effectively over a suitable distance. I can coordinate breaststroke arms, legs and breathing. I can choose a stroke to suit the distance or task. I can tread water and change direction with control. I can link a safe entry, float, signal, swim to safety and exit in a taught self-rescue sequence. I can explain how to respond to difficulty in different water settings. I know to call for help and stay out of the water if someone else is in trouble.

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				I can identify one way to improve my technique or stamina.

Suggested progression: assess starting points and teach by ability. Blue statements are proposed school non-negotiables. Use support and adapted equipment as needed; all water work and self-rescue practice must be directed by a qualified swimming teacher within the pool's safety procedures.

The 25 metre swim, effective use of a range of strokes and safe self-rescue are end of Key Stage 2 curriculum outcomes. Year 4 targets here are suggested milestones towards them, not statutory year-group requirements.

Sources: Department for Education, PE programmes of study (Swimming and water safety); Swim England, School Swimming guidance on lesson planning and water safety.