

National Statutory Requirements

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

Series of Lessons

This series of lessons covers all abilities, however not all children will do all lessons as it is dependent on their water confidence and ability. Lessons are taught in ability groups, by qualified swimming coaches (Individual lesson plans are held by the coaches).

- Increase confidence travelling in water on front or back, using a float/woggle. (pushing, gliding, kicking, pulling) – doggy paddle style).
- Increase confidence to submerge under water.
- Stroke improvement – front crawl: body position and legs.
- Stroke improvement – back stroke: body position and legs.
- Stroke improvement – back stroke: arms and timing.
- Stroke improvement – breast stroke: body position and legs.
- Stroke improvement – breast stroke: arms and timing.
- Float vertical, horizontal, prone and supine.
- Submerge body and face, and retrieve objects in a variety of depths of water.
- Execute a surface dive, sitting dive or kneeling dive, straddle entry into water.
- Tread water.

PE



Swimming

Year 4

Curriculum Progression

The aim for all children to be able to swim a length (up to 25m) using a recognisable stroke.

The children will be:

- Assessed, grouped and taught according to their needs.
- Taught by qualified coaches at Petersfield Open Air Pool for the duration of 2 weeks (8 lessons).
- Taught using shallow, mid-depth and deep end water conditions according to their ability.
- Taught floating techniques.
- Taught techniques and take part in activities to build up their water confidence.
- Introduced to Personal Survival Skills e.g. treading water, swimming in light clothing, 'float to live' using the Swim England Water Safety Award Scheme 1 and 2.

Unit Outcome

Children are able to swim up to 25m using a recognisable stroke.

Vocabulary

Stroke	Duck dive
Safety	Scull
Breast-stroke	Float
Front crawl	Shallow end
Streamline	Deep end
Survival	
Self-rescue	
Backstroke	
Distance	
Tread water	

Resources

Lifeguards
Floats &
Woggles (from
pool)
Adult support –
walkers to/from
pool
Swim kit &
towel
Permission slips