



Swimming skills progression

Year groups	Skills and progression
Year 3	<p>Swim 10m unaided in shallow water using one basic method.            Kick legs from the hip and identify when this needs improvements.            Put face in water and blow bubbles.            Enter and exit water safely and remain safe around water.            Explain what dangers to identify around water.</p>
Year 4	<p>Swim between 10m and 20m unaided in shallow water, using one basic method to achieve the distance.            Use floats to swim longer distances with a more controlled leg kick.            Join in all swimming activities confidently.            Put face under the water and blow bubbles (begin to do this whilst swimming).            Explore how to move in and under water.            Recognise how swimming affects breathing.            Identify and describe differences between different leg and arm actions.            Understand water can be dangerous and repeat what to do when in difficulty.</p>
Year 5	<p>Swim between 10m and 20m unaided in shallow water, using one stroke.            Begin to swim 10m-15m unaided using a second stroke.            Put face in water and breath correctly when swimming in one identifiable stroke.            Use a float to develop leg and arm techniques.            Begin to explain how to keep safe whilst in water and what dangers should be identified.</p>
Year 6	<p>Swim 25m unaided in water using one basic method to achieve this distance.            Use two different strokes swimming on both front and back.            Control breathing.            Swim confidently and fluently both on the surface and under the water.            Explain how to remain safe in water and what do if you or someone nearby gets into difficulty.</p>