



Skills

Swimming Progression Ladder

Knowledge



Strokes: identify my personal best in a range of strokes. Successfully select and apply my fastest stroke over a distance of 25m.

Breathing: demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.

Water safety: perform a variety of survival techniques.



Strokes: demonstrate increased technique in a range of strokes, swimming over a distance of 25m.

Breathing: explore underwater breaststroke breathing technique over a distance of 25m.

Water safety: explore safety techniques to include the H.E.L.P and huddle positions.

Strokes: develop technique for specific strokes to include head above water breaststroke, backstroke and front crawl.

Breathing: demonstrate improved breathing technique in front crawl.

Water safety: are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.

Strokes: explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.

Breathing: begin to explore front crawl breathing technique.

Water safety: explore techniques for personal survival to include survival strokes such as sculling and treading water.

Strokes: begin to use arms and legs together, more effectively across the water unaided.

Breathing: begin to explore breathing in sync with my kicking action.

Water safety: demonstrate an awareness of water safety and float on my front and on my back.



Strokes: can swim over a 10m distance with a buoyancy aid.

Breathing: can submerge confidently in the water.

Water safety: become aware of water safety and explore floating on my front and back.

Year
6

Strokes: understand that making my body streamlined helps me to glide through the water.

Breathing: understand that the more I practice my breathing in the water, the more my heart and lungs can work effectively and aid my muscles with the ability to utilise oxygen when swimming.

Water safety: know which survival technique to use for the situation.

Rules: understand that different environments have different rules to keep us safe around water.

Year
5

Strokes: understand that pulling harder through the water will enable me to travel the distance in fewer strokes and travel faster.

Breathing: know that breathing every three strokes helps to balance my stroke and allows me to practise breathing on both sides.

Water safety: know that a group of people can huddle together to conserve body heat, support each other and provide a larger target for rescuers.

Rules: understand rules in and around water.

Year
4

Strokes: understand that keeping my legs together for crawl helps me to stay straight in the water.

Breathing: know that breathing out with a slow consistent breath enables me to swim for longer before needing another breath.

Water safety: know what to do if I fall in the water.

Rules: understand the water safety rules.



Year
3

Strokes: know that lifting my hips will help me to stay afloat whilst swimming.

Breathing: know that turning my head to the side to breathe will allow me to swim with good technique.

Water safety: know that treading water enables me to keep upright and in the same space.

Rules: know that the water should be clear of swimmers before entering.

Year
2

Strokes: understand that moving my arms quickly will help me to pass through the water.

Breathing: know that when I swim, I inhale through my mouth when my face is above water and exhale through my mouth or nose when my face is underwater.

Water safety: understand that floating uses less energy than swimming.

Rules: know how to safely enter and exit the pool.

Year
1

Strokes: understand that using cupped hands will help me to swim as the water cannot escape between my fingers.

Breathing: know that I need to take a big breath before submerging.

Water safety: understand that floating can help me to stay safe.

Rules: know that walking on poolside helps to keep me safe.

