

KS2&3 LTP - Swimming

As an island nation with a wide range of rivers, lakes and canals, water is everywhere. At some point in their life every child will be around water. By the time a child is ready to leave primary school they should be able to swim, know how to get out of trouble if they fall into water, know the dangers of water and understand how to stay safe when playing in and around it.

Swimming is the only sport to be included within the national curriculum physical education programme of study. All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2. Each pupil is required to be able to do the following: 1) Perform safe self-rescue in different water based situations. 2) Swim competently, confidently and proficiently over a distance of **at least** 25 metres. 3) Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

The importance of swimming and water safety has been recognised through the inclusion of this specific programme of study. The outcomes listed aim to ensure all pupils meet a minimum standard of swimming and water safety capability and confidence by the time they leave Key Stage 2. But in some cases because of missed education or specific Special Educational Needs this is has not been possible so swimming at NCA continues in year 7 and year 8.

Swimming Phases

| Phase 1 (Red) | Phase 2 (Red) | Phase 3 (Amber) | Phase 4 (Amber) | Phase 5 (Amber) | Phase 6 (Green) |
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| <p>Outcomes to be completed with or without aids</p> <ul style="list-style-type: none"> • Enter the water safely (using steps or swivel entry) • Move forwards, backwards and sideways for a distance of 5m • Scoop the water to wash face and hair and be at ease with water from overhead • Blow bubbles a minimum of three times with nose and mouth submerged • Take part in a teacher led partner orientated game • Demonstrate an understanding of pool rules • Recognise and understand beach flags • Exit the water safely | <p>Outcomes to be completed with or without aids</p> <ul style="list-style-type: none"> • Enter the water safely (using steps, swivel entry or a jump) • Move into a stretched floating position using aids, equipment or support • Regain an upright position from floating on the front (aids may be used) • Regain an upright position from floating on the back (aids may be used) • Push and glide in a horizontal position to or from the pool wall • Travel on the back and front for a distance of 5m (aids may be used) • Have an understanding of the water safety code • Exit the water safely | <p>Outcomes to be completed with or without aids</p> <ul style="list-style-type: none"> • Jump in from side and submerge (minimum depth 0.9m) • Fully submerge and pick up an object • Push from wall and glide on the front and back • Push and glide from the wall to the pool floor • Perform a rotation from the front to the back and gain an upright position • Perform a rotation from the back to the front and gain an upright position • Answer three questions on the water safety code • Exit the water safety | <p>Outcomes to be completed without aids</p> <ul style="list-style-type: none"> • Enter the water safely (using steps, swivel entry or a jump) • Perform a tuck float for 5secs • Perform a sequence of changing shapes (min of three) whilst floating at the surface • Push and glide on the front with arms extended and log roll onto the back • Push and glide on the back with arms extended and log roll onto the front • Travel on the front, tuck to rotate around the horizontal axis to return on the back • Travel 10m on the front and 10m on the back • Demonstrate an action for getting help (can be performed in deep or shallow water) • Exit the water safely without the use of steps | <p>Outcomes to be completed without aids</p> <ul style="list-style-type: none"> • Enter the water safely from a jump • Kick 10m Backstroke (one item of equipment may be used) • Kick 10m Front crawl (one item of equipment may be used) • Kick 10m Butterfly or Breaststroke on the front or back (one item of equipment may be used) • Travel on back and roll in one continuous movement onto front • Travel on front and roll in one continuous movement onto back • Swim 10m (own choice of stroke) • Perform a shout and signal rescue • Exit the water safely • Outcomes to be completed without aids • Perform three different jumps into deep water (one must be a straddle jump) • Perform a horizontal stationary scull on back • Perform a feet first sculling action on the back • Perform a feet first sculling action on the back | <p>Outcomes to be completed without aids</p> <ul style="list-style-type: none"> • Enter the water safely • Submerge to pick up an object from the pool floor (full reach depth) • Swim 10m Front crawl, Breaststroke or Backstroke (two out of three must be chosen) • Swim 25m (own choice of stroke) • Participate part in a game of mini polo • In groups of three or more perform a movement sequence of one minute incorporating a number of different skills e.g. sculling, treading water, floating, rotation • Exit the water safely • Discuss in your group the tactics and skills used and evaluate them <p style="text-align: center;">Self-Rescue Award</p> <ul style="list-style-type: none"> • Enter the water safely (swivel entry or straddle jump) • Tread water for 20secs • Float or scull waving one arm and shout for help • Swim 25m to floating object (own choice of stroke) • Demonstrate the HELP position |

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| | | | | <ul style="list-style-type: none">• Perform a sculling sequence with a partner for 30-45secs to include a rotation• Tread water for 30secs• Perform a handstand and hold for a minimum of three seconds• Perform a forward somersault, tucked in the water• Swim 10m in clothes• Exit deep water without the use of steps | <ul style="list-style-type: none">• Swim 10m retaining a floating object• In groups demonstrate the Huddle position• Swim using a long front paddle to the side (survival stroke)• Exit the pool from at least full reach depth without using the steps• Discuss as a group when the above skills might be used to self-rescue in different situations |
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