



## Key Skills & Knowledge Progression Map: Physical Education (Swimming)

• How to enter and exit the water	Beginners 1 – 6
• Floatation	Beginners/Intermediate 1-6
• Submerging	Beginners/Intermediate 1-6
• Rotating from back to front and front to back and regaining an upright position	Beginners/Intermediate 1-6
• Pushing and gliding and an understanding of streamlining	Beginners/Intermediate 1-6
• Aquatic breathing	Beginners/Intermediate 1-6
• Moving effectively and efficiently through the water using alternating and simultaneous strokes on front and back, such as front crawl, back crawl, breast stroke, side stroke	Beginner/Intermediate/Improver 1 1-6
• Swimming longer distances and for increasing amounts of time	Improver 1 & 2 1 - 6
• Using swimming skills and strokes for different purposes such as water polo and synchronised swimming	N/A
• Survival and self-rescue skills: treading water, Heat Escape Lessening Position (HELP) and Huddle positions, floating and resting in the water, attracting	Improver 2 1-6
• Water Safety <ul style="list-style-type: none"> <li>○ Knowledge and understanding of different water environments.</li> <li>○ How to stay safe when playing in and around water, including recognising flags and warning signs and understanding national and local water safety advice.</li> <li>○ What to do if others get into difficulties: stay safe: shout, signal; throw, do not go into the water; raising the alarm 999</li> </ul>	In School lesson, PSHE cross curricular link through Water Safety Scheme of Work