



# Swimming Progression Ladder

## Skills

## 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.

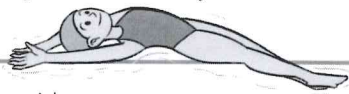


**Strokes:** demonstrate increased technique in a range of strokes, swimming over a distance of 25m.  
**Breathing:** explore underwater breaststroke breathing technique over a distance of 25m.  
**Water safety:** explore safety techniques to include the H.E.L.P and huddle positions.

**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.

