

Swimming

By the end of Year 1 pupils should have a basic grasp of this content. By the end of Year 2 pupils should have an advancing understanding of this content, whilst some will have a deep understanding.

- Swim unaided up to 25 metres.
- Use one basic stroke, breathing correctly.
- Control leg movements.

By the end of Year 3 pupils should have a basic grasp of this content. By the end of Year 4 pupils should have an advancing understanding of this content, whilst some will have a deep understanding.

- Swim between 25 and 50 metres unaided.
- Use more than one stroke and coordinate breathing as appropriate for the stroke being used.
- Coordinate leg and arm movements.
- Swim at the surface and below the water.

By the end of Year 5 pupils should have a basic grasp of this content. By the end of Year 6 pupils should have an advancing understanding of this content, whilst some will have a deep understanding.

- Swim over 100 metres unaided.
- Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.
- Swim fluently with controlled strokes.
- Turn efficiently at the end of a length.