

Physical Education – Swimming

There are three key outcomes within the physical education curriculum that all children are expected to achieve by the end of year six:



Swimming isn't just about being able to have fun in the water with family and friends. It's also about knowing what to do if someone gets into trouble. Or if a strong current takes your friend away from the edge. Or you fall in when running by a river or canal.

Swimming is also incredibly good for your physical and mental health and wellbeing – it's the only activity you can do at any age and at any ability.

We have an opportunity to ensure every generation is taught basic water safety skills.

At Alfriston Primary School we use the Swim England, Learn to Swim Programme as a basis to our progression for swimming from the children who start in Reception to when they finish in Year 6.

Our curriculum for swimming is set out below (the ones in bold are the key assessment outcomes):

End of Reception Year outcomes

1. Enter & Exit the water safely.
2. Move forward for a distance of 5 metres, feet may be on or off the floor.
3. Move backwards for a distance of 5 metres, feet may be on or off the floor.
4. Move sideways for a distance of 5 metres, feet may be on or off the floor.
5. Scoop the water and wash the face.
6. Be comfortable with water showered from overhead.
7. Give examples of two pool rules.

End of Year 1 outcomes

1. Move from a flat floating position on the back and return to standing without support.
2. Move from a flat floating position on the front and return to standing without support.
3. Push from a wall and glide on the back – arms can be by the side or above the head.

4. Push from a wall and glide on the front with arms extended.
5. Travel using a recognised leg action with feet off the pool floor on the back, without the use of floatation equipment.
6. Travel using a recognised leg action with feet off the pool floor on the front, without the use of floatation equipment.

End of Year 2 outcomes

1. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
2. Push and glide on the front with arms extended and log roll onto the back.
3. Push and glide on the back with arms extended and log roll onto the front.
4. Fully submerge to pick up an object.
5. Correctly identify three of the four key water safety messages.*
6. Perform a tuck float and hold for three seconds.

*The four key water safety messages include:

1. Stop and Think – Always swim in a safe place.
2. Stay Together – Always swim with an adult.
3. Float – If you fall in, float, breathe and relax.
4. Call 999 – If someone else in trouble, call 999.

End of Year 3 outcomes

1. Push and glide from wall while maintaining a streamlined position
2. Kick 10 metres backstroke (one item of equipment optional).
3. Kick 10 metres front crawl (one item of equipment optional).
4. Kick 10 metres breaststroke on the front (one item of equipment optional).
5. Perform a head first sculling action for 5 metres in a flat position on the back.
6. Travel on back and log roll in one continuous movement onto front.
7. Travel on front and log roll in one continuous movement onto back.

End of Year 4 outcomes

1. Perform a flat stationary scull on the back.
2. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
3. Push and glide and swim 10 metres backstroke
4. Push and glide and swim 10 metres front crawl
5. Push and glide and swim 10 metres breaststroke
6. Demonstrate an action for getting help.

End of Year 5 outcomes

1. Push and glide and swim front crawl to include at least three rhythmical breaths.
2. Push and glide and swim breaststroke to include at least three rhythmical breaths.
3. Push and glide and swim backstroke to include at least three regular breaths.
4. Push and glide and swim 25 metres, choice of stroke is optional.
5. Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.
6. Perform a 'shout and signal' rescue.

End of Year 6 outcomes

1. Push and glide and swim 25 metres backstroke with correct breathing
2. Push and glide and swim 25 metres front crawl with correct breathing
3. Push and glide and swim 25 metres breaststroke with correct breathing
4. Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills:
 - Sculling:* head / feet first
 - Rotation:* log roll
 - Floating:* star on the front or on the back, tuck float, create own
5. Perform safe self-rescue in different water based situations