

Mellers Primary School Swimming Curriculum Progression Map

Our swimming curriculum is underpinned by Swim England and the Swim Charter's recommended skills progression.

Award 1 Water Skills	Award 2	Award 3	Award 4	Award 5	Award 6	Aquatics Award	Self Rescue Award	Stroke Standard
Enter the water safely (using steps or swivel entry)	Enter the water safely (using steps, swivel entry or a jump)	Jump in from the side and submerge (minimum depth 0.9 metres).	Enter the water safely (using steps, swivel entry or a jump).	Enter the water safely from a jump.	Perform 3 different jumps into deep water (one must be a straddle jump).	Enter the water safely.	Enter the water safely (swivel entry or straddle jump).	5M: basic paddle front or back, feet off the floor for the full distance, no aids
Move forwards, backwards and sideways for a distance of five metres	Move into a stretched floating position using aids, equipment or support.	Fully submerge to pick up an object.	Perform a tuck float for five seconds.	Kick 25 metres backstroke (one item of equipment may be used).	Perform a horizontal stationary scull on the back.	Submerge to pick up an object from the pool floor (full reach depth)	Tread water for 20 seconds	10m: over arm recovery on front or back, ideally front crawl with face in the water and breathing bilateral or unilateral
Scoop the water to wash face and hair and be at ease with water showered from overhead	Regain an upright position from floating on the front	Push from wall and glide on the front and back.	Perform a sequence of changing shapes (minimum of three) whilst floating at the surface.	Kick 25 metres on the front (one item of equipment may be used).	Perform a head first sculling action for 5 metres.	Swim 10 metres front crawl, breaststroke or backstroke (two out of three must be chosen). Good stroke standard attempt correct breathing practices	Float or scull waving one arm and shout for help.	25m: good propulsive and recognisable stroke actions, front crawl, back crawl or breaststroke

Blow bubbles a minimum of three times with nose and mouth submerged	Regain an upright position from floating on the back	Push and glide from the wall to the pool floor.	Push and glide from the front with arms extended and log roll onto the back.	Kick 25 metres breaststroke on the front or back (one item of equipment may be used).	Perform a feet first sculling action for 5 metres.	Swim 25 metres (own choice of stroke).	Swim 25 metres to a floating object (own choice of stroke).	
Take part in a teacher led, partner orientated game	Push and glide in a horizontal position to or from the pool wall	Perform a rotation from the front to the back and regain an upright position.	Push and glide from the back with arms extended and log roll onto the front.	Travel on the back and roll in one continuous movement to the front.	Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.	Take part in a game of mini-polo.	Demonstrate the HELP position.	
Demonstrate an understanding of pool rules	Travel on the front and back for a distance of five metres where possible (taught using blabt)	Perform a rotation from the back to the front and regain an upright position.	4Travel on the front, tuck to rotate around the horizontal axis to return on the back.	Travel on the front and roll in one continuous movement to the back.	Tread water for 30 seconds.	In groups of three or more perform a movement sequence of one minute incorporating a number of different skills e.g. Treading water, floating, rotation.	Swim 10 metres retaining a floating object.	
Recognise and understand beach flags	Have an understanding of the water safety code	Answer three questions on the water safety code.	Travel 25 metres on the front and 25 metres on the back. Over arm recovery	Swim as far as possible in a set time (own choice of stroke).	Perform a handstand and hold for a minimum of 3 seconds.	Exit the water safely.	In groups demonstrate the HUDDLE position.	
Travel horizontal and or vertical axis for a	Exit the water safely	Travel 10 metres on the front and 10 metres on	Demonstrate an action for getting help (can	Perform a shout and signal rescue.	Perform a forward somersault,	Discuss in your group the tactics	Swim using long front paddle to	

distance across the pool		the back. (BLABT teaching)	be performed in shallow or deep water).		tucked in the water.	and skills used and evaluate.	the side (survival stroke).	
Exit the water safely		Exit the water safely.	Exit the water safely without the use of steps.	Exit the water safely.	Swim 10 metres in clothes.		Exit the pool from at least full reach depth without using the steps.	
					Exit the water safely without the use of steps.		Discuss as a group when the above skills might be used to self rescue in different situations.	

The children start their swimming lessons in F2; each year group attends swimming lessons every year, with Year 2 prioritised for swimming all year round as this is the year in which most progress is made. Children progress through the awards at different rates, and those children that have been with us from F2 are able to swim long distances confidently and competently by the time they leave us in Year 6. Children that join us later are able to join 'top up' swimming sessions in addition to their class lessons.