



CURRICULUM AREA: PE/Swimming

At MCS we have a passion for teaching children to swim. We recognise the importance of this life skill in a county surrounded by water. Therefore, we have committed to developing our swimmers beyond the national minimum requirements. We pride ourselves on achieving outstanding results and fostering life-long enjoyment.

Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Subject Content

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.



At Mount Charles School, we use resources provided by STA's School Swimming Academy. We follow and endorse their approach to create a well-rounded swimmer. With the sea all around our county, we believe passionately in this and aim to teach swimming alongside water skills and water safety. We include floating, treading water, push and glides, submerging face, and jumping.

YEARS 3-6

		Non swimmers	Beginner	Improver	Advanced
Swimming	NC OBJECTIVES	See subject content	See subject content	See subject content	See subject content
	KNOWLEDGE/AIMS	To swim 5m continuously	To swim 10m continuously of a recognised stroke	To swim 25m continuously of a recognised stroke	To swim distances of 50m or above of a recognised stroke
	SKILLS	<ul style="list-style-type: none"> • Answer water safety questions • Enter the pool safely, steps, swivel • Exit the pool safely and unassisted • Move 3 metres in the water by, walking, jumping, hopping or holding side • Jump up and down in the water, holding the side if required • Using aids perform an alternating leg action across the pool 	<ul style="list-style-type: none"> • Jump in, swim 5 metres on front and turn onto back, swim back to point of entry (no aids) • Swim 10 metres front crawl attempting side breathing • Swim 10 metres back crawl • Attempt breaststroke legs on back with aids • Submerge and collect a toy from the pool floor • Perform a mushroom float for 3 secs 	<ul style="list-style-type: none"> • Swim 15 metres front crawl • Swim 15 metres back crawl • Swim 10 metres breaststroke • Scull head first or feet first for 5 metres • Perform a head or feet first surface dive • Tread water for 10 secs • Swim 25 metres of pupils choice (must be a recognised stroke and without aids) 	<ul style="list-style-type: none"> • Swim 50 metres front crawl • Swim 50 metres back crawl • Swim 25 metres breaststroke • Swim 75 metres continuously • Tread water for 1 minute • Swim 10 metres butterfly • Scull head first and feet first 10 metres • Swim 5 metres of a recognised front stroke,

Swimming

- Blow bubbles in the water
- Float with support and return to a standing position
- Scoop water with hands and wash face
- Water confident**
- Use a woggle to swim front paddle and back paddle for 5 metres
- Push and glide on front and back
- Using aids perform a treading water action with legs
- Using a woggle, rotate from a back float to a front float and return to a back float
- Swim 2 metres front paddle and back paddle unaided
- Swim 5 metres on front, roll and swim 5 metres on back without aids
- Perform 10 metres of alternating legs on front with aids, whilst blowing bubbles
- Whilst standing attempt front crawl arms
- Whilst standing attempt back crawl arms

IN ADDITION SEE WATER SAFETY SKILLS BELOW

- Swim 25 metres front crawl
- Swim 25 metres back crawl
- Swim 15 metres breaststroke
- Jump in, tread water for 20 secs, swim 5 m, turn round, swim back to point of entry and climb out

IN ADDITION SEE WATER SAFETY SKILLS BELOW

- perform a feet-first surface dive, tuck, and swim 5 metres underwater
 - Diving head first and efficient racing starts
- IN ADDITION SEE WATER SAFETY SKILLS BELOW**

		<ul style="list-style-type: none"> •Perform a star float on front or back and hold for 5 seconds •Jump in with assistance if required <p>IN ADDITION SEE WATER SAFETY SKILLS BELOW</p>			
		Non swimmers	Beginner	Improver	Advanced
	NC OBJECTIVES	See subject content above	See subject content above	See subject content above	See subject content above
	KNOWLEDGE	Being safe in and around water, floating, jumping		Being safe in and around water, staying afloat, self-rescue techniques, jumping	
Water Safety	SKILLS	<ul style="list-style-type: none"> •Enter and exit pool safely •Answer water safety questions •Floating <ul style="list-style-type: none"> –Start gently –Ears in the water, head back (supine), chin in the water (prone) – Arms and legs stretch out wide (star) – Tuck up into a ball (mushroom) – Arms stretched above head or by sides and legs straight (pencil) 		<ul style="list-style-type: none"> •Self-rescue deep water <ul style="list-style-type: none"> –Step off the edge, no spring –Flight as vertical as possible –Legs flexed during flight –Spread arms and legs quickly when the water is reached –Surface as quickly as possible –Star shape float on back and maintain steady breathing. • Treading water <ul style="list-style-type: none"> –Vertical body with head out the water –Press feet downwards/ stamp the bugs/ ride a bike –Arms under water surface –Hands flat/ palms down –Thumb leads in and little finger leads out –Hands in the water at all times •HELP position 	

				<ul style="list-style-type: none"> -Head out of water -Elbows tucked into sides, arms across chest -Legs hang relaxed and together • Huddle position -One arm around the shoulders of the person on one side - Other arm around the waist of the person on the other side – Group stays as close as possible - If holding onto a raft or float stay together shoulder to shoulder • Straddle entry -Toes grip pool edge -Walk off edge pool edge no spring -Slap the water with the palms of your hands -Keep legs flexed apart -Keep head above the water 	
		Non swimmers	Beginner	Improver	Advanced
Assessing across the Key Stage	NC OBJECTIVES	Assessing pupils	Assessing pupils	Assessing pupils	Assessing pupils
	KNOWLEDGE	The pupil will show some or all of these features	The pupil will show some or all of these features	The pupil will show some or all of these features	The pupil will show some or all of these features
	SKILLS	<p>Non Swimmers</p> <ul style="list-style-type: none"> •The pupil has no previous swimming experience •May require additional aids •Not able to move away from the side <p>Water Confident</p> <ul style="list-style-type: none"> •May require additional aids •Will be able to move in the water 	<p>5m Distance</p> <ul style="list-style-type: none"> •Can be either front paddle or back paddle -Alternating legs -Alternating scooping of arms (prone) or sculling (supine) –No buoyancy aids or assistance •Confident in water 	<p>10 metre or 15 metres recognised stroke</p> <p>Can be front paddle, back paddle, back crawl, front crawl, breaststroke of appropriate standard</p> <ul style="list-style-type: none"> • Front paddle -Alternating legs -Alternating scooping of arms • Back paddle -Alternating legs -Sculling 	<p>25 metre recognised stroke</p> <p>Must be appropriate standard of front crawl, back crawl or breaststroke</p> <ul style="list-style-type: none"> • Front crawl -Alternating arm and leg action –Breathing unilaterally or bilaterally -One hand touch to finish

		<ul style="list-style-type: none"> • Not able to perform a recognised stroke for 5m 		<ul style="list-style-type: none"> • Front crawl –Face in the water attempting side breathing –Streamlined body position –Arms recover over the water –Thumb/fingers enter first • Back crawl –Ears in the water –Hips just beneath the surface –Alternating and continuous movement of the arms and legs –Arms recover straight over the water –Straight legs • Breaststroke –Simultaneous arm action –Simultaneous leg action –Attempting dorsi-flexion of the feet 	<ul style="list-style-type: none"> • Back crawl –Continuous alternating arm and leg action –Straight arm recovery –Little finger first on entry –Straight legs, toes pointed –One hand touch whilst on back to finish • Breaststroke –Simultaneous and circular arm and leg action –Dorsi-flexed feet –Two-handed touch to finish
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