

Campsbourne Swimming Program

Core aquatic skills are the foundation of learning to swim and therefore there is an emphasis towards acquiring and developing skill.

- Evaluating and improving performance
- Acquiring and developing skills
- Knowledge and understanding of fitness and health
- Selecting and applying skills and tactics

Children are taught the following skills:

- Movement in the water e.g., jump, walk, hop, run and spin using swimming aids and support
- Float and move with and without aids
- Propel themselves in the water using different swimming aids, arms and leg action also basic strokes
- Swim between 20 and 75m unaided
- Using floats, swim over longer distances and periods of time with a more controlled leg action
- Using basic method to swim the distance, making sure they breathe
- Join in all swimming activities confidently, explore freely how to move under the water
- Recognise how the water affects their temperature: Recognise how swimming affects their
- Breathing
- Identify and describe the difference between different leg and arm actions
- Pace themselves in floating and swimming challenges related to speed, distance and personal
- Survival
- Swim unaided for a sustained period of time over a distance of 20 to 75m, depending on year group
- Use recognised arm and leg actions, lying on their front and back
- Use a range of recognised strokes and personal survival skills, e.g. front crawl, back crawl,
- Breaststroke, sculling, floating and surface diving
- swim between 50 and 1000m and keep swimming for 45 to 90 seconds
- Use three different strokes, swimming on their front and back with controlled breathing



- Swim confidently and fluently on the surface and under the water
- Work well in groups to solve specific problems and challenges, sharing out the work fairly
- Recognise how swimming affects their body, pacing their efforts to meet different challenges
- Able to complete activities and practices to help improve their own performance.
- Perform self-rescue in different water-based situations.

YEAR 3	YEAR 4	YEAR 5	YEAR 6	SEN
20m unaided	25m unaided	50m unaided	75m unaided	Taking physical abilities into consideration:
Water confidence	Water confidence	Water confidence	Water confidence	Unaided 25m by Year 6
Floating	Floating	Floating	Floating	Floating
Push & glide	Push & glide	Push & glide	Push & glide	Push & glide
Body position	Front/Back & Rotation	Front/Back & Rotation	Front/back & Rotation	Front/back & Rotation
Kicking (front/back)	Kicking (front/back & side)	Starts & turns	Starts & turns	Kicking (Font/back & side)
Flutter kick	Flutter kick	Kicking	Kicking	Flutter kick
Whip kick	Whip kick	(front/back & side)	(Front/back & side)	Whip kick
Undulating kick	Undulating kick	Flutter kick	Flutter Kick	Undulating kick
Arms	Arms	Whip kick	Whip Kick	Arms
Front/backstroke	Front/backstroke & Old	Undulating kick	Undulating Kick	Front/backstroke & old
Breastroke	English	Arms	Arms	English
Fly	Breastroke	Front/backstroke	Front/backstroke & old	Breastroke
Breathing practices	Fly	& old English	English	Fly
Full stroke practices	Breathing practices	Breastroke	Breaststroke	Breathing practices
Timing practices	Timing practices	Fly	Fly	Timing practices
Underwater activities	Full stroke practices/drills	Breathing practices	Breathing practices	Full stroke practices
Games	Underwater activities	Timing practices	Timing practices	Underwater activities
	Basic lifesaving skills	Full stroke practices/drills	Full stroke practices/drills	Basic lifesaving skills
	Games	Underwater activities	Underwater activities	Games
		Basic lifesaving skills	Basic lifesaving skills	
		Games	Games	