

# NATIONAL CURRICULUM AWARD

Recommended Pool Position: middle

## Pupils will be able to:

1. Swim competently, confidently and proficiently over a distance of at least 25 metres.
2. Swim 15 metres using a range of strokes on their front and back ensuring change of strokes is fluent.
3. Tread water for 20 seconds just out of pupil's depth and then float on the back.
4. State the correct actions they would take if they saw a swimmer in difficulty in water – reach rescue, throw rescue, phone 999 (never go in).
5. Have knowledge on the dangers of water, locally and nationally, including cold water.
6. Have the knowledge of how to save themselves if fell in water by accident – treading water, floating on their back, H.E.L.P and HUDDLE position.

## PRIMARY SCHOOL SWIMMING - NATIONAL CURRICULUM STANDARDS

This document is to assist schools and teachers in knowing what the expected standards are, in regards to Primary School Swimming.

National Curriculum outcomes by Year 6	What should Pupils know and do	Minimum standards of swimming strokes
<b>Swim Competently, confidently and proficiently over a distance of at least 25 metres</b>	<ul style="list-style-type: none"> <li>• A continuous swim of more than 25 metres, without touching the side of the pool or pool floor. Part of the swim should be completed in deep water.</li> <li>• Strokes are as strong at the end as at the start</li> <li>• Strokes are recognisable to an informed onlooker.</li> </ul> <p>Pupils choose stroke and start in the water, must be relaxed.</p>	<b>Front Crawl</b>
		<ul style="list-style-type: none"> <li>• <b>Body Position-</b> as flat as possible, streamlined</li> <li>• <b>Legs –</b> move up and down close together, alternating legs</li> <li>• <b>Arms –</b> hand pulls underwater to the hips and then over the top of the water</li> <li>• <b>Breathing –</b> in and out regularly, face in the water most of the time</li> <li>• <b>Timing –</b> legs and arms alternating</li> </ul>
<b>Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke</b>	<p>Children should be able to use a range of strokes, alternating on their front and back, and adapt them for a range of purposes. Swimming strokes do not have to be technically correct, but they need to be effective for the intended outcomes to be successfully achieved.</p> <p>E.g. swim 15 metres using a range of strokes, with change of strokes to be fluent, treading water using a breaststroke type action and sculling with hands.</p>	<b>Backstroke</b>
		<ul style="list-style-type: none"> <li>• <b>Body Position-</b> as flat as possible, streamlined, eyes looking up</li> <li>• <b>Legs –</b> move up and down close together, alternating legs</li> <li>• <b>Arms –</b> hand pulls underwater to the hips and then over the top of the water</li> <li>• <b>Breathing –</b> in and out regularly</li> <li>• <b>Timing –</b> legs and arms alternating</li> </ul>
<b>Perform safe self-rescue in different water – based situations</b>	<p>Water Safety Message:</p> <p><b>S</b>pot the Dangers  <b>A</b>dvice – take advice  <b>F</b>riends – go with a friend  <b>E</b>mergency- learn what to do in an emergency</p> <p>Children should know the dangers of water locally and nationally. Learn how and why to use appropriate survival and self-rescue skills if they fall in by accident, or get into difficulty and knowing what to do if others get into trouble.</p>	<b>Breaststroke</b>
		<ul style="list-style-type: none"> <li>• <b>Body Position-</b> as flat as possible, streamlined</li> <li>• <b>Legs –</b> feet drawn up to the bottom, kick backwards with feet</li> <li>• <b>Arms –</b> each hand pulls in a narrow semi-circular movement, arms stretched forward</li> <li>• <b>Breathing –</b> in and out regularly</li> <li>• <b>Timing –</b> arm , then leg action</li> </ul>