

Swimming within the UK National Curriculum

Swimming and water safety/survival are compulsory parts of PE curriculum throughout Key Stages One, Two and Three.

This is what you should expect your child to learn at school during each Key Stage:

Key Stage One (Years 1 & 2)

All students will be taught to:

- move in water – e.g. jump, walk hop and spin using swimming aids and supports.
- float and move without swimming aids.
- propel themselves in water using different aids, arm and leg actions, and basic strokes.

Key Stage Two (Years 3 to 6)

All students will be taught to:

- pace themselves in floating and swimming challenges related to speed, distance and person survival.
- swim unaided for a sustained period over at least 25 metres.
- use recognised arm and leg actions, lying on their front and back.
- use a range of recognised strokes and personal survival skills.

Key Stage Three (Years 7 to 9)

All students will be taught to:

- use a range of recognised strokes, techniques and personal survival skills with technical proficiency.
- meet challenges in specific swimming events and water-based activities.
- use advanced techniques and skills with precision, power, speed or stamina with technical proficiency.