

Long Marston School



PE KSV Curriculum Map

Swimming KS2

	Non-Swimmers	Beginners	Improvers	Competent
Knowledge and Skills	<p>To learn how to keep ourselves and others safe around water.</p> <p>To demonstrate an understanding of pool rules.</p> <p>To explain the role of the lifeguard.</p> <p>To demonstrate being safe in the water.</p> <p>To enter and exit the water safely.</p> <p>To hold on to the poolside without a flotation device.</p> <p>To travel forward.</p> <p>To scoop the water.</p> <p>To travel sideways.</p> <p>To travel backwards.</p> <p>To demonstrate an understanding of correct body position.</p> <p>To splash face with water and pour water over head.</p> <p>To begin to blow bubbles.</p> <p>To regain an upright position from floating.</p> <p>To kick and blow bubbles.</p> <p>To combine kicking, scooping and blowing bubbles.</p> <p>To travel 5 metres on back using flotation device.</p>	<p>To submerge face and head fully.</p> <p>To blow bubbles with face in the water.</p> <p>To blow bubbles while travelling.</p> <p>To demonstrate correct body position on back.</p> <p>To swim on back with a flotation device.</p> <p>To perform various floats on back.</p> <p>To demonstrate correct leg kick on front with flotation device.</p> <p>To demonstrate a flat body position when swimming on front with flotation devices.</p> <p>To attempt rhythmic breathing when swimming on front with flotation devices.</p> <p>To attempt breaststroke kick on back using a flotation device.</p> <p>To demonstrate jumping into deeper water over 1 metre.</p> <p>To practise backstroke kick with flotation device.</p> <p>To demonstrate a log roll.</p> <p>To practise front crawl arms with flotation device.</p>	<p>To describe how to keep myself and others safe around water.</p> <p>To demonstrate being safe in the water.</p> <p>To demonstrate front crawl legs and arms using a float.</p> <p>To demonstrate floating on front with rotation.</p> <p>To demonstrate a push and glide on front with rotation.</p> <p>To demonstrate backstroke arms and legs using a float.</p> <p>To demonstrate a push and glide on back with rotation.</p> <p>To attempt breathing to the side.</p> <p>To attempt butterfly kick.</p> <p>To demonstrate a variety of jumps into deeper water.</p> <p>To demonstrate breaststroke leg kick on front using floats.</p> <p>To practise treading water.</p> <p>To kick on back without a flotation device.</p> <p>To practise backstroke arms.</p> <p>To attempt a straddle entry.</p> <p>To swim front crawl using arms and breathing.</p>	<p>To learn how to keep ourselves and others safe around water.</p> <p>To swim 10 metres front crawl without a flotation device.</p> <p>To swim 10 metres on back without a flotation device.</p> <p>To attempt bilateral breathing over a distance of 10metres.</p> <p>To demonstrate a sequence of floats without touching the pool floor.</p> <p>To swim backstroke for at least 10 metres.</p> <p>To travel 5 metres using a sculling action.</p> <p>To demonstrate rhythmic breathing for at least 10 metres when swimming front crawl.</p> <p>To swim 10 metres butterfly kick.</p> <p>To perform a fall-in entry and recover to the surface.</p> <p>To tread water for 30 seconds continuously.</p> <p>To swim 10 metres in clothing.</p> <p>To swim full backstroke for at least 10 metres.</p> <p>To perform a surface dive.</p> <p>To perform self-rescues.</p>

	<p>To push from the wall on back with flotation device.</p> <p>To regain an upright position from floating on back.</p> <p>To travel 5 metres on front using flotation devices.</p> <p>To hold onto the poolside without a flotation device.</p> <p>To jump into water deeper than 1 metre using a flotation device.</p> <p>To travel on front using flotation devices.</p> <p>To push from the wall and travel on front using flotation devices.</p> <p>To perform a star float using flotation devices.</p> <p>To demonstrate correct body position on front and back.</p> <p>To travel 5 metres on front and back using a flotation device.</p> <p>To be at ease with splashing face and head with water.</p> <p>To demonstrate being safe in the water.</p>	<p>To demonstrate a streamlined position when swimming on front with flotation devices.</p> <p>To demonstrate a push and glide on front with flotation devices.</p> <p>To practise backstroke arms with flotation devices.</p> <p>To perform a tuck float.</p> <p>To practise front crawl using both arms and legs, with flotation devices.</p> <p>To demonstrate a push and glide on front.</p> <p>To demonstrate a variety of floats on front.</p> <p>To attempt breaststroke kick on front using flotation devices.</p> <p>To swim 10 metres on front with flotation devices.</p> <p>To swim 10 metres on back with flotation devices.</p> <p>To demonstrate floating on front and back.</p>	<p>To practise collecting sunken objects.</p> <p>To demonstrate push and glide towards the pool floor.</p> <p>To attempt backstroke without a flotation device.</p> <p>To demonstrate floating on front or back with rotation.</p> <p>To demonstrate self-rescue skills.</p> <p>To swim 10 metres front crawl without a flotation device.</p> <p>To demonstrate undulation through diving down towards the pool floor.</p> <p>To practise butterfly kick.</p> <p>To attempt breaststroke arm action.</p> <p>To attempt combine breaststroke arm and leg action.</p> <p>To swim front crawl and backstroke without flotation devices.</p> <p>To attempt to swim up to 25 metres with support.</p>	<p>To swim 25 metres front crawl, demonstrating rhythmic breathing.</p> <p>To demonstrate an underwater push and glide on front.</p> <p>To swim 25 metres backstroke.</p> <p>To swim 10 metres breaststroke demonstrating rhythmic breathing.</p>
Key Vocabulary	Shallow, deep, turning, rolling, metres, glide, front, back, style, horizontally, vertically, front crawl, float, submerge, back stroke, breast stroke, independence, rescue, self-rescue, dive, rhythmic breathing, rotation			