



Skills progression: Swimming

	KS1	KS2
Swimming		<p>A programme of swimming lessons for all Year 4 (and some year 5) children delivered by local swimming coaches at the local swimming pool.</p> <p>All children will develop water confidence, learn water safety and safe self-rescue.</p> <p>Development of kicking, arm pull and breathing techniques.</p> <p>Development of body position in the water to enable efficient stroke.</p> <p>Swims confidently and competently over a distance of at least 25m</p> <p>Able to use a range of strokes effectively.</p>