



Emmanuel Holcombe CE Primary School

Swimming Progression Grid

Skill; Exit & Entry

Beginner	Intermediate	Advanced	End Of KS2 Outcomes
<ul style="list-style-type: none"> Enter and exit the pool in correct and safe manner by the poolside steps. 	<ul style="list-style-type: none"> Enter the pool safely by jumping in or sliding in on front. 	<ul style="list-style-type: none"> Enter the pool by jumping and diving (at the deep end) safely and exit by climbing out. 	

Skill; Confidence

Beginner	Intermediate	Advanced	End Of KS2 Outcomes
<ul style="list-style-type: none"> Gain confidence in water walking unaided in pool. 	<ul style="list-style-type: none"> Be confident to be able to swim across the pool without stopping. 	<ul style="list-style-type: none"> Swim confidently using various strokes on the surface and under the water. 	<ul style="list-style-type: none"> Swim competently, confidently and proficiently.

Skill; Breathing

Beginner	Intermediate	Advanced	End Of KS2 Outcomes
<ul style="list-style-type: none"> Breathing technique – blowing bubbles, face in water and begin to develop technique with float. 	<ul style="list-style-type: none"> Begin to show breathing technique when performing various strokes with and without a float. 	<ul style="list-style-type: none"> Use advance breathing techniques in all strokes. 	

Skill; Breathing

Beginner	Intermediate	Advanced	End Of KS2 Outcomes
<ul style="list-style-type: none"> Breathing technique – blowing bubbles, face in water and begin to develop technique with float. 	<ul style="list-style-type: none"> Begin to show breathing technique when performing various strokes with and without a float. 	<ul style="list-style-type: none"> Use advance breathing techniques in all strokes. 	

Skill; Strokes

Beginner	Intermediate	Advanced	End Of KS2 Outcomes
<ul style="list-style-type: none"> Developing whole strokes including "doggy paddle" swim on back through kicking and sculling 	<ul style="list-style-type: none"> Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke 	<ul style="list-style-type: none"> Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly. 	<ul style="list-style-type: none"> Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

Skill; Distance

Beginner	Intermediate	Advanced	End Of KS2 Outcomes
<ul style="list-style-type: none"> Be able to swim 5-10 metres. 	<ul style="list-style-type: none"> Be able to swim at least 25 metres. 	<ul style="list-style-type: none"> Be able to swim over 25m. 	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres

Skill; Water Safety

Beginner	Intermediate	Advanced	End Of KS2 Outcomes
<ul style="list-style-type: none"> Gain knowledge of water safety. 	<ul style="list-style-type: none"> Perform safe self rescue in water base situations e.g. pyjama rescue, float aids in deep water etc. 	<ul style="list-style-type: none"> Confidently perform safe self rescue skills in deep water. 	<ul style="list-style-type: none"> Perform safe self-rescue in different water based situations.