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| **Physical Education**    **Progressive Statement** | |
| **Swimming progression** | |
| **Class 2**  **Year 1-2** | Swim short distances unaided between 5 & 20 metres using one consistent stroke. Propel themselves over longer distances with the assistance of swimming aids. Move with more confidence in the water including submerging themselves fully. Enter and exit the water independently |
| **Class 3**  **Year 3-4** | Swim over greater distances, between 10 and 20m in shallow water. Begin to use basic swimming techniques including arm and leg actions. Explore and use basic breathing patterns. Enter and exit the water in a variety of ways. |
| **Class 4 Year 5-6** | Bring control and fluency to at least two recognised strokes. Implement good breathing technique. Attempt personal survival techniques as an individual and group with success. Link lengths together with turns and attempt tumble turn in isolation and during a stroke. |