

Swimming skill progression

Beginners	Swim a short distance between 5 and 20 metres unaided using one consistent stroke
	Propel themselves over longer distances using swimming aids
	Move with more confidence in water including submerging themselves fully
	Enter and exit the water independently
	Float and regain to standing confidently
	Push and glide and transition from glide to stroke
	Attempt skill of sculling and use to propel themselves
	Apply basic arm and leg action to 'doggy paddle'
Intermediate	Swim over greater distance of 10 and 20 metres with confidence in shallow water
	Begin to use basic swimming techniques including correct arm and leg action
	Attempt to use basic breathing patterns when swimming
	Enter and exit the water in a variety of ways
	Work in collaboration to perform group challenges such as group floats
	Submerge, sink, roll and rotate underwater
	Attempt surface dive
Advanced	Bring control and fluency to at least two recognised strokes
	Compete as part of a team
	Implement good breathing technique to allow for smooth stroke patterns
	Have attempted personal survival techniques as an individual and a group with success
	Link lengths together with turns and attempt a tumble turn in isolation and during stroke
	Surface dive and travel to the bottom of the pool to collect objects
	Work up to crouching dive
	Work in pairs to refine stroke technique and suggest ways they can improve
Swim competently, confidently and proficiently over a distance of at least 25 metres	