

SWIMMING ACTIVITIES AND WATER SAFETY

BEGINNERS (Non-swimmers and developing swimmers)

(These expectations relate closely to Level 2 of the Attainment Target)

Swimming is non-statutory in key stage 1, however, by the age of 7 years (end of year 2) most children who have had a swimming unit at school will be able to:-

- 1 Swim a short distance unaided in shallow water using their arms and legs to propel them and using one basic method to cover the distance.**
 - Enter the water carefully, as taught.
 - Move on and below the surface showing confidence and enjoyment in the water.
 - Move across the pool e.g. walking, running, hopping, etc. with or without swimming aids.
 - Begin to swim short distances of between 5 and 20 metres using aids and later without them.

- 2 Join in all the swimming activities confidently. Explore freely how to move in and under the water.**
 - Talk about what their body feels like in water and describe how it feels different when walking, running, hopping etc.
 - With support and swimming aids, use a range of arm and leg actions to propel themselves at first upright, then horizontally through the water.
 - Gradually co-ordinate the actions so they control the balance and movement of their bodies.
 - Keep afloat when stretched out on the surface showing different body shapes.

- 3 Identify and describe the differences between different leg and arm actions.**
 - Use actions and words to explain and describe what they are doing in the pool.
 - Watch a short demonstration then copy and describe what they see.

- 4 Recognise how the water affects their body temperature. Recognise how their swimming affects their breathing.**
 - Explain what they do to feel warmer in the water.
 - Know and explain the rules and routines that keep them safe near water. Explain why the rules are there.
 - Take care of themselves and are aware of others' in and around the swimming pool.