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**Heathcoat Primary School**

**Physical Education Curriculum – Progression of Key Skills and Knowledge**

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| --- | --- | --- |
| Date | Review date | Subject leaders |
| 15.6.2021 | July 2022 | Clare Soper & Sian Hughes |
| It is our intention that pupils will be taught a curriculum which provides a progressive, ambitious and positive relationship with physical activity for life and includes:   * fun, enjoyable, inclusive and challenging lessons that develop a love of being active * a broad provision of fundamental movement skills that enhance lifetime fitness and life-long choices * promoting positive learning behaviours, teaching our pupils strategies to learn to cope with both success and failure * developing positive mental health, self-esteem and physical confidence * the opportunity to strive for personal goals as well as understand sportsmanship and cooperative working in both competitive and non-competitive environments across individual and team based activities * We believe active healthy children achieve more and therefore we aim to provide a broad range of challenges and new experiences that will benefit and promote a healthy and happy lifetime of active or even sporting prowess.   Our REAL PE curriculum provides an ambitious, progressive programme of fundamental movement skills using a child-centered approach that uses innovative Primary PE schemes of work. The skills and knowledge explored are built on year upon year and sequenced appropriately to maximise learning for all children.  The ‘REAL Legacy’ programme along with Creative Development has been purchased to assist us in embedding an active culture for our pupils both in and outside of school. This is being launched for September 2021.  Our Aims:   * Skills taught have a clear personalised outcome, which is shared and agreed by every child. * Our curriculum helps to develop a culture of independence in all PE Lessons which encourages our children to problem solve. * Through our curriculum, we develop the whole child, their well–being, mental, and physical health. * Promote opportunities for our pupils to experience new and unfamiliar activities and encourage them to continue their participation outside the school environment * Pupils are encouraged to take part in a range of fundamental movement skills, where effort and success is rewarded. * Our children participate in two one hour PE lessons a week including a term of swimming (in KS2), which not only improves stroke development but learning about water safety and hazards in our environment. * We further promote healthy, active children via extra-curricular activities and participation of inter and intra school sports. * We use our outdoor learning environment during break and lunchtime to enhance children’s physical activity and mental well-being. | | |

**Curriculum Organisation**

Curriculum Map- what is being taught in each term. The highlighted yellow areas are the assessment modules per half term:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Year / Term** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nursery** | **Real Foundations**  **Personal Cog (Theme)**  **Wk 1-3 FUNS 10 (Bike)**  **Wk 4-6 FUNS 1 (Pirate)**  **Wk 7 Assessment** | **Real Foundations**  **Social Cog (Theme)**  **Wk 1-3 FUNS 6 (Blue Planet)**  **Wk 4-6 FUNS 2 (Monkey)**  **Wk 7 Assessment** | **Real Foundations**  **Cognitive Cog (Theme)**  **Wk 1-2 FUNS 5 (Tilly Train)**  **Wk 3-4 FUNS 4 (Thembi)**  **Wk 5 Assessment**  **Wk 6 Games** | **Real Foundations**  **Creative Cog (Theme)**  **Wk 1-2 FUNS 9 (Clown)**  **Wk 3-4 FUNS 7 (Water-ski)**  **Wk 5 Assessment** | **Real Foundations**  **Physical Cog (Theme)**  **Wk 1-2 FUNS 8 (Juggle)**  **Wk 3-4 FUNS 12 (Ringo)**  **Wk 5 Assessment**  **Wk 6 Games** | **Real Foundations**  **Health & Fitness Cog (Theme)**  **Wk 1-2 FUNS 11 (Squirrel)**  **Wk 3-4 Sports Day**  **Wk 5-6 FUNS 3 (Caspar)**  **Wk 7 Assessment** |
| **Reception** | **Real Foundations**  **Personal Cog (Theme)**  **Wk 1-3 FUNS 10 (Bike)**  **Wk 4-6 FUNS 1 (Pirate)**  **Wk 7 Assessment** | **Real Foundations**  **Social Cog (Theme)**  **Wk 1-3 FUNS 6 (Blue Planet)**  **Wk 4-6 FUNS 2 (Monkey)**  **Wk 7 Assessment** | **Real Foundations**  **Cognitive Cog(Theme)**  **Wk 1-2 FUNS 5 (Tilly Train)**  **Wk 3-4 FUNS 4 (Thembi)**  **Wk 5 Assessment**  **Wk 6 Games** | **Real Foundations**  **Creative Cog (Theme)**  **Wk 1-2 FUNS 9 (Clown)**  **Wk 3-4 FUNS 7 (Water –Ski)**  **Wk 5 Assessment** | **Real Foundations**  **Physical Cog (Theme)**  **Wk 1-2 FUNS 8 (Juggle)**  **Wk 3-4 FUNS 12 (Ringo)**  **Wk 5 Assessment**  **Wk 6 Games** | **Real Foundations**  **Health & Fitness Cog (Theme)**  **Wk 1-2 FUNS 11 (Squirrel)**  **Wk 3-4 Sports Day**  **Wk 5-6 FUNS 3 (Caspar)**  **Wk 7 Assessment** |
| **1** | **REAL PE**  **Personal Cog**  **Wk 1-3 FUNS 10**  **Wk 4-6 FUNS 1**  **Wk 7 Assessment** | **REAL PE**  **Social Cog**  **Wk 1-3 FUNS 6**  **Wk 4-6 FUNS 2**  **Wk 7Assessment** | **REAL Gym – Cognitive**  **Themes:**  **Shape**  **Travel**  **Flight**  **Rotation**  **Session 2 REAL PE Cognitive**  **Dynamic Balance Funs 5** | **REAL PE**  **Creative Cog**  **Wk 1-2 FUNS 9**  **Wk 3-4 FUNS 7**  **Wk 5 Assessment** | **REAL PE**  **Physical Cog**  **Wk 1-2 FUNS 8**  **Wk 3-4 FUNS 12**  **Wk 5 Assessment**  **Wk 6 Games** | **REAL PE**  **Health & Fitness Cog**  **Wk 1-2 FUNS 11**  **Wk 3-4 Sports Day**  **Wk 5-6 FUNS 3**  **Wk 7 Assessment** |
| **2** | **REAL PE**  **Personal Cog**  **Wk 1-3 FUNS 10**  **Wk 4-6 FUNS 1**  **Wk 7 Assessment** | **REAL PE**  **Social Cog**  **Wk 1-3 FUNS 6**  **Wk 4-6 FUNS 2**  **Wk 7 Assessment** | **REAL PE**  **Cognitive Cog**  **Wk 1-3 FUNS 10**  **Wk 4-6 FUNS 1**  **Wk 7 Assessment** | **REAL Gym – Creative**  **Themes:**  **Shape & Balance**  **Travel**  **Flight with Hand Apparatus**  **Rotation**  **Session 2 REAL PE Creative**  **Co-ordination – ball skills Funs 9** | **REAL PE**  **Physical Cog**  **Wk 1-2 FUNS 8**  **Wk 3-4 FUNS 12**  **Wk 5 Assessment**  **Wk 6 Games** | **REAL PE**  **Health & Fitness Cog**  **Wk 1-2 FUNS 11**  **Wk 3-4 Sports Day**  **Wk 5-6 FUNS 3**  **Wk 7 Assessment** |
| **3** | **REAL PE**  **Personal Cog**  **Wk 1-3 FUNS 10**  **Wk 4-6 FUNS 1**  **Wk 7 Assessment** | **REAL PE**  **Social Cog**  **Wk 1-3 FUNS 6**  **Wk 4-6 FUNS 2**  **Wk 7 Assessment/**  **Personal Best** | **REAL Gym –Cognitive**  **Themes:**  **Mapping pathways**  **Rotation sequences**  **Flight Sequences**  **Climbing sequences**  **Session 2 REAL PE Cognitive**  **Dynamic Balance Funs 5** | **REAL PE**  **Creative Cog**  **Wk 1-2 FUNS 8**  **Wk 3-4 FUNS 7**  **Wk 5 Assessment** | **REAL PE**  **Physical Cog**  **Wk 1-2 FUNS 12**  **Wk 3-4 FUNS 3**  **Wk 5 Assessment**  **Wk 6 Games** | **REAL PE**  **Health & Fitness Cog**  **Wk 1-2 FUNS 11**  **Wk 3-4 Sports Day**  **Wk 5-6 FUNS 4**  **Wk 7 Assessment** |
| **4** | **Whole Cohort Swimming** | | **REAL PE**  **Cognitive Cog**  **Wk 1-2 FUNS 5**  **Wk 3-4 FUNS 9**  **Wk 5 Assessment**  **Wk 6 Personal Best** | **REAL Gym - Creative**  **Themes:**  **1 Partner balance sequences**  **2-3 Ball, hand sequences**  **4-5 Partner rope sequences**  **6 Apparatus sequences**  **Session 2 REAL PE Creative**  **Co-ordination with equipment Funs 8** | **REAL PE**  **Physical Cog**  **Wk 1-2 FUNS 12**  **Wk 3-4 FUNS 3**  **Wk 5 Assessment**  **Wk 6 Games** | **REAL PE**  **Health & Fitness Cog**  **Wk 1-2 FUNS 11**  **Wk 3-4 Sports Day**  **Wk 5-6 FUNS 4**  **Wk 7 Assessment** |
| **REAL PE**  **Personal Cog**  **Wk 1-3 FUNS 10**  **Wk 4-6 FUNS 1**  **Wk 7 Assessment** | **REAL PE**  **Social Cog**  **Wk 1-3 FUNS 6**  **Wk 4-6 FUNS 2**  **Wk 7 Assessment/**  **Personal Best** |
| **5** | **REAL GYM -Cognitive Cog**  1 Group Hand apparatus sequences  2-3 Group bench sequences  4-5 Partner balance sequences  6 Large Apparatus sequences. | **REAL PE**  **Creative Cog**  **Wk 1-3 FUNS 2**  **Wk 4-6 FUNS 3**  **Wk 7 Assessment** | **REAL PE**  **Social Cog**  **Wk 1-2 FUNS 5**  **Wk 3-4 FUNS 7**  **Wk 5 Assessment**  **Wk 6 Games** | **REAL PE**  **Physical Cog**  **Wk 1-2 FUNS 1**  **Wk 3-4 FUNS 6**  **Wk 5 Assessment** | **Whole Cohort Swimming** | |
| **REAL PE**  **Health & Fitness Cog**  **Wk 1-2 FUNS 4**  **Wk 3-4 FUNS 10**  **Wk 5 Assessment**  **Wk 6 Games** | **REAL PE**  **Personal Cog**  **Wk 1-2 FUNS 11**  **Wk 3-4 Sports Day**  **Wk 5-6 FUNS 8**  **Wk 7 Assessment** |
| **Whole Cohort Swimming** | |
| **6** | **REAL PE**  **Cognitive Cog**  **Funs 9**  **Funs 12** | **REAL PE**  **Creative Cog**  **Funs 2**  **Funs 3** | **REAL GYM**  **Social Cog -Themes:**  1 Group Hand apparatus sequences  2-3 Group bench sequences  4-5 Partner balance sequences  6 Large Apparatus sequences. | **REAL PE**  **REAL GYM -Physical Cog**  **Assess Funs 6 & 1**  **Themes:**  1 Group Hand apparatus sequences  2-3 Group bench sequences  4-5 Partner balance sequences  6 Large Apparatus sequences. | **REAL PE**  **Health & Fitness Cog**  **Funs 4**  **Funs 10** | **REAL PE**  **Personal Cog**  **Funs 8**  **Funs 11** |

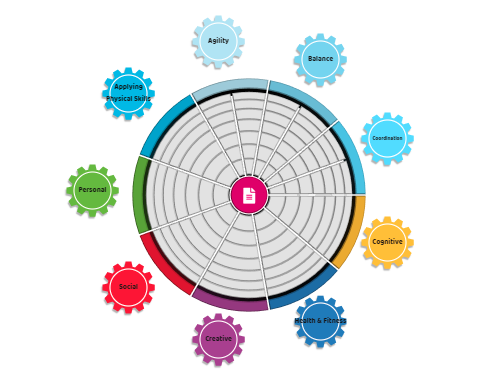
**Note: To help restore the loss of curriculum time to our year groups due to COVID and Lockdown these past two years, the above timetable will be used for 2021-2022. Year 3 will return to swimming in Autumn Term 1 (September 2022 for a whole term), Year 4 will swim Spring Term (January 2023 for the whole term) and Year 5 will by summer Term 1 and Summer Term 2 Year 6.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FUNS | Nursery | Reception | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 |
| **Balance** | Cat & Pirate | | **Funs 3** Floor work & **Funs 1** Static one leg balance | | | | | |
| **Co-ordination** | Juggling& Bike | | **Funs 10** Footwork & **Funs 8** Send and Receive | | | | | |
| **Agility** | Space & Fairy Tale | | **Funs 12** Reaction & Response & **Funs 6** Jumping & Landing | | | | | |
| Swimming Strokes |  |  |  |  | Sep 22P | P | P | P |
| Water Safety |  |  |  |  | Sep 22P | P | P | P |
| Water Confidence |  |  |  |  | Sep 22P | P | P | P |

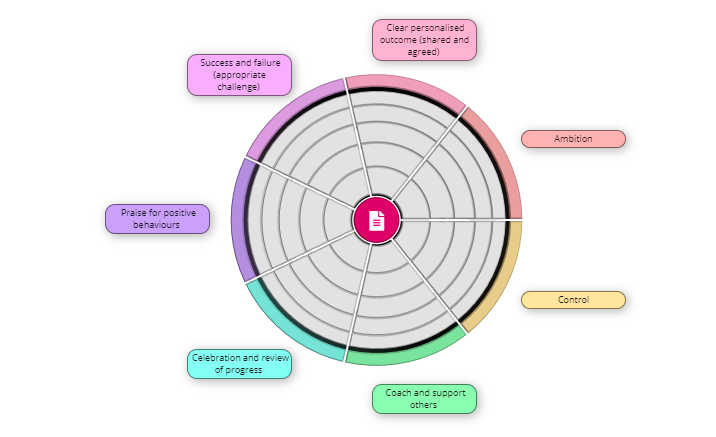
**Assessment**

Teachers will teach all the modules detailed on the previous sheet **BUT will only assess 2 FUNS linked to Balance, Co-ordination and Agility per year** as shown in the table:

We will track pupil progress on the following assessment wheel and then use the Learning Nutrition wheel to help review and reflect where our next steps should be. This will enable us to provide a PE Impact report to show how as a school we are moving forward:



**Example of Individual Classes REAL PE Assessment Wheel**



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Progression Map of Key Skills in Physical Education** | | | | | | |
| **Reception** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Highlighted sections = Assessment points** | | | | | | |
| **Balance** | | | | | | |
| **REAL Foundations**  **Themes:**  ***Pirate*** Static balance one leg  ***Jungle*** – Seated balance  ***Tightrop*e-** Static Balance  ***Cat* –** Static balance floor work  ***Train* –** Static balance on a line  ***Seaside* –** counter-balance with a partner | **REAL PE Unit 1**  **Personal** Static Balance- one leg Standing **Funs 1**  **REAL PE Unit 2**  **Social** Static Balance- seated **Funs 2**  **REAL PE Unit 2**  **Social** Dynamic Balance to Agility **Funs 6**  **REAL PE Unit 3**  **Session 2 REAL PE Cognitive** Dynamic Balance **Funs 5**  **REAL PE Unit 4**  **Creative** Counter-balance in pairs **Funs 7**  **REAL PE Unit 6**  **Health & Fitness**  Static Balance- floor work **Funs 3** | **REAL PE Unit 1**  **Personal** Static Balance- one leg Standing **Funs 1**  **REAL PE Unit 2**  **Social** Static Balance- seated **Funs 2**  **REAL PE Unit 2**  **Social** Dynamic Balance to Agility **Funs 6**  **REAL PE Unit 3**  **Cognitive** Dynamic Balance **Funs 5**  Static Balance- small base **Funs 4**  **REAL PE Unit 6**  **Health & Fitness**  Static Balance- floor work **Funs 3** | **REAL PE Unit 1 – Personal** Static Balance- one leg Standing **Funs 1**  **REAL PE Unit 2**  **Social** Static Balance- seated **Funs 2**  **REAL PE Session 2 Cognitive** Dynamic Balance **Funs 5**  **REAL PE Unit 4**  **Creative** Counter-balance in pairs **Funs 7**  **REAL PE Unit 5**  **Physical** Static Balance floor work **Funs 3**  **REAL PE Unit 6**  **Health & Fitness**  Static Balance- small base F**uns 4** | **REAL PE Unit 1 – Personal** Static Balance- one leg Standing **Funs 1**  **REAL PE Unit 2**  **Social Aut 2 -** Static Balance- seated **Funs 2**  **REAL PE Unit 3 -Cognitive**  Dynamic Balance on a line **Funs 5 &** Static Balance – small base **Funs 4**  **REAL PE Unit 4**  **Creative** Counter-balance with partner **Funs 7**  **REAL PE Unit 5**  **Physical** Static Balance floor work **Funs 3**  **REAL PE Unit 6**  **Health & Fitness**  Static Balance**- Funs 4** | **REAL PE Unit 2 –Creative**  Static Balance- seated **Funs 2**  **REAL PE Unit 2 –Creative**  Static Balance- floor work **Funs 3**  **REAL PE Unit 3 –Social**  Dynamic Balance on a line **Funs 5**  **REAL PE Unit 3 –Social**  Counter-balance with partner **Funs 7**  **REAL PE Unit 4**  **Physical** Static one leg balance **Funs 1**  **REAL PE Unit 5 -Health & Fitness** Stance **Funs 4** | **REAL PE Unit 2 –Creative**  Static Balance- seated **Funs 2**  **REAL PE Unit 2 –Creative**  Static Balance- floor work **Funs 3**  **REAL PE Unit 3 –Social**  Dynamic Balance on a line **Funs 5**  **REAL PE Unit 3 –Social**  Counter-balance with partner **Funs 7**  **REAL PE Unit 4**  **Physical** Static one leg balance **Funs 1**  **REAL PE Unit 5 -Health & Fitness** Stance **Funs 4** |
| **Agility** | | | | | | |
| ***Space* –** Dynamic balance to agility  ***Fairy Tale*-** Reaction and Response  ***Squirrel* –** Ball chasing | **REAL PE Unit 2**  **Social** Dynamic Balance to Agility **Funs 6**  **REAL PE Unit 5**  **Physical –**Agility Reaction/Response  **Funs 12**  **REAL PE Unit 6**  **Health & Fitness**  Agility- Ball chasing **Funs 11** | **REAL PE Unit 2**  **Social** Dynamic Balance to Agility **Funs 6**  **REAL PE Unit 5**  **Physical -**Agility-Reaction/Response **Funs 12**  **REAL PE Unit 6**  **Health & Fitness**  Agility- Ball chasing **Funs 11** | **REAL PE Unit 2**  **Social** Dynamic Balance to Agilit**y Funs 6**  **REAL PE Unit 5**  **Physical -**Agility-Reaction/Response **Funs 12**  **REAL PE Unit 6**  **Health & Fitness**  Agility- Ball chasing **Funs 11** | **REAL PE Unit 2 -Social**  Dynamic Balance to Agility **Funs 6**  **REAL PE Unit 5**  **Physical -**Agility-Reaction/Response **Funs 12**  **REAL PE Unit 6**  **Health & Fitness**  Agility- Ball chasing **Funs 11** | **REAL PE Unit 4**  **Physical** Dynamic Balance to Agility (jumping and landing **Funs 6)**  **REAL PE Unit 6 –Personal**  Agility – Ball chasing **Funs 11** | **REAL PE Unit 4**  **Physical** Dynamic Balance to Agility (jumping and landing **Funs 6)**  **REAL PE Unit 6 –Personal**  Agility – Ball chasing **Funs 11** |
| **Co-ordination** | | | | | | |
| ***Juggling* –** sending and receiving  ***Bike* –** footwork  ***Clown* –** Ball skills | **REAL PE Unit 1**  **Personal**  Co-ordination – floor movement **Funs 10**  **REAL PE Unit 4**  **Creative**  Co-ordination – ball skills **Funs 9**  **REAL PE Unit 5**  **Physical** Co-ordination with equipment **Funs 8** | **REAL PE Unit 1**  **Personal**  Co-ordination – floor movement **Funs 10**  **REAL PE Session 2 Creative**  Co-ordination – ball skills **Funs 9**  **REAL PE Unit 5**  **Physical** Co-ordination with equipment **Funs 8** | **REAL PE Unit 1 - Personal**  Co-ordination – footwork **Funs 10**  **REAL PE Unit 3 –Cognitive-**  Co-ordination ball skills **Funs 9**  **REAL PE Unit 4**  **Creative**  Co-ordination sending and receiving **Funs 8**  **REAL PE Unit 5**  **Physical** Cardio-agility reaction-response **Funs 12** | **REAL PE Unit 1 –Personal**  Co-ordination – footwork **Funs 10**  **REAL PE Unit 3 –Cognitive-**  Co-ordination ball skills **Funds 9**  **REAL PE Unit 4 Creative Session 2**  Co-ordination sending and receiving with equipment **Funs 8**  **REAL PE Unit 5**  **Physical** Cardio-agility reaction-response **Funs 12** | **REAL PE Unit 4**  **Creative**  Co-ordination with equipment **Funs 8**  **REAL PE Unit 5 -Health & Fitness** Co-ordination footwork **Funs 10**  **REAL PE Unit 6 –Personal**  Sending and receiving **Funs 8** | **REAL PE Unit 4**  **Creative**  Co-ordination with equipment **Funs 8**  **REAL PE Unit 5 -Health & Fitness** Co-ordination footwork **Funs 10**  **REAL PE Unit 6 –Personal**  Sending and receiving **Funs 8** |
| **Movement Patterns** | | | | | | |
|  | **REAL Gym – Cognitive**  Themes**:**  **Shape**  **Travel**  **Flight**  **Rotation** | **REAL Gym – Creative**  Themes:  **Shape & Balance**  **Travel**  **Flight with Hand Apparatus**  **Rotation** | **REAL Gym –Cognitive**  Themes:  **Mapping pathways**  **Rotation sequences**  **Flight Sequences**  **Climbing sequences** | **REAL Gym - Creative**  Themes:  **Partner balance sequences**  **Ball, hand sequences**  **Partner rope sequences**  **Apparatus sequences** | **REAL Gym – Cognitive Sessions 1 & 2**  **Group Hand apparatus sequences**  **Group bench sequences**  **Partner balance sequences**  **Large Apparatus sequences.** | **REAL PE Unit 4**  **Creative Funs 2 & 3 Aut 2**  **REAL Gym – Spring 1 Social Cog Funs 5 & 7.**  **Spring 2 Physical Cog Funs 6 and 1**  **Themes: Group Hand apparatus sequences**  **Group bench sequences**  **Partner balance sequences**  **Large Apparatus sequences** |
| **Reception** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Swimming** | | | | | | |
| **Water Safety** | | | | | | |
|  |  |  | Understanding of how to keep oneself and others safe around different types of areas of water (pool, sea, lake, river, pond).  Understanding of how to enter shallow water safely and be aware of others. | Extending knowledge and understanding of how to keep oneself and others safe around different types of areas of water (pool, sea, lake, river, pond).  Understanding of how to enter shallow and deeper water safely and be aware of others. | Extending knowledge and understanding of how to keep oneself and others safe around different types of areas of water (pool, sea, lake, river, pond).  Understanding of how to enter shallow and deeper water safely and be aware of others. | Extending knowledge and understanding of how to keep oneself and others safe around different types of areas of water (pool, sea, lake, river, pond).  Understanding of how to enter shallow and deep water safely and be aware of others. |
| **Water Confidence** | | | | | | |
|  |  |  | ***Non swimmer:***  Confidently move around in shallow water and progress to basic swimming Learner pool.  Put water over head and face, progressing to mouth and nose in water.  ***Beginner swimmer:***  Safely enter and exit shallow pool area using sit/turn/slide entry. Move confidently in chest high water.  ***Confident swimmer****:*  Safely enter deeper water using Sit/turn/slide and standing entry. Move confidently in deeper than chest high water | ***Non swimmer:***  Confidently move around in shallow water and progress to basic swimming Learner pool progressing to shallow pool area.  Mouth and nose in water progressing to face in water.  ***Beginner swimmer:***  Safely enter and exit shallow pool area using sit/turn/slide entry. Move confidently in chest high water progressing to deeper than chest high water.  ***Confident swimmer****:*  Safely enter deeper water using Sit/turn/slide and standing entry. Move confidently in deeper than chest high water.  Progressing to a range of standing entries (tuck/ pencil/star). | ***Non swimmer:***  Safely enter and exit shallow pool area using sit/turn/slide entry. Move confidently in chest high water.  Face in water progressing to submersion in shallow water.    ***Beginner swimmer:***  Safely enter and exit deeper area using sit/turn/slide entry. Move confidently in deeper than chest high water.  ***Confident swimmer****:*  Safely enter deep water using Sit/turn/slide and standing entry. Move confidently in deeper water.  Extending the range of entries (tuck/ pencil/star/sitting dive/ standing dive). | ***Non swimmer:***  Safely enter and exit shallow pool area using sit/turn/slide entry. Move confidently in chest high water progressing to deeper water.  Submerge in deeper water  Retrieving sinkers from bottom of learner pool.  ***Beginner swimmer:***  Safely enter and exit deeper area using sit/turn/slide entry. Move confidently in deeper than chest high water.  Retrieving sinkers from the bottom of chest high water.  ***Confident swimmer:***  Safely enter deep water using Sit/turn/slide and standing entry. Move confidently in deep water.  Extending the range of entries(tuck/pencil/star/sitting dive/ standing dive)  Use a range of underwater dives and tucks (forward roll, head first decent/ feet first decent). |
| **Stroke Development** | | | | | | |
|  |  |  | ***Non swimmer****:*  10-20m in shallow pool area with support, Progressing to 5m without support. Breathing exercises face in water.  ***Beginner swimmer:***  Develop basic stroke on front and back using face down/up breathing.  Swim 8-10m without support.    ***Confident swimmer:***  Develop and improve basic stokes on front and back, above (using down/up breathing) and below water. | ***Non swimmer****:*  Move10-20m in shallow pool area with support. Progressing to 5-8m without support. Breathing exercises face in water.  Confidently move with basic strokes.  ***Beginner swimmer:***  Develop and improve basic stroke on front and back using face down/up breathing.  Swim 10-15m without support.  ***Confident swimmer****:*  Develop 3 main strokes using side breathing.  Swim 15-20m without support. | ***Non swimmer****:*  Move 8-10m without support. Breathing exercises face in water.  Development of basic strokes.  ***Beginner swimmer****:*  Develop 3 main strokes using side breathing.  Swim 15-20m without support.  ***Confident swimmer****:*  Develop and improve 3 main strokes using side breathing.  Progressing to underwater.  Build stamina.  Swim 25-50m without support. | ***Non swimmer****:*  Move 10-15m without support. Breathing exercises face in water.  Visibly distinct basic strokes.  ***Beginner swimmer:***  Develop and improve 3 main strokes using side breathing.  Swim 25m without support.    ***Confident swimmer:***  Develop, improve and lengthen distance of strokes.  Continue to build stamina.  Develop personal survival skills.  Swim 100m+ without support. |