

## Swimming (By end of Y6)

### All children

- Can they swim between 25 and 50metres unaided?
- Can they keep swimming for 30 to 45 seconds, using swimming aids and support?
- Can they use a variety of basic arm and leg actions when on their front and on their back?
- Can they swim on the surface and lower themselves under water?
- Can they take part in group problem-solving activities on personal survival?
- Do they recognise how their body reacts and feels when swimming?
- Can they recognise and concentrate on what they need to improve?

### Some children

- Can they swim between 50 and 100 metres and keep swimming for 45 to 90 seconds?
- Do they use 3 different strokes, swimming on their front and back?
- Can they swim confidently and fluently on the surface and under water?
- Do they work well in groups to solve specific problems and challenges, sharing out the work fairly?
- Do they recognise how swimming affects their body, and pace their efforts to meet different challenges?
- Can they suggest activities and practices to help improve their own performance?

### A smaller group of children

- Can they swim further than 100 metres?
- Can they swim fluently and confidently for over 90 seconds?
- Do they use all 3 strokes with control?
- Can they swim short distances using butterfly?
- Do they breathe so that the pattern of their swimming is not interrupted?
- Can they perform a wide range of personal survival techniques confidently?
- Do they know what the different tasks demand of their body, and pace their efforts well to meet challenges?
- Can they describe good swimming technique and show and explain it to others?