

Maltese Road Primary School Progression of Skills

P.E.

Knowledge Skills and Understanding	
Swimming (EYFS)	
Swimming (Year 1)	
Swimming (Year 2)	
Swimming (Year 3)	
Swimming (Year 4)	<ul style="list-style-type: none"> • Do children enjoy being in the water and show more confidence? • Can they keep afloat by treading water? • Can children recall the dangers of water? • Can children begin to move on top of the water?
Swimming (Year 5)	<ul style="list-style-type: none"> • Do children enjoy being in the water and show more confidence? • Can they keep afloat by treading water? • Can the children begin to move on top of the water confidently? • Can children begin to move under the water?
Swimming (Year 6)	<ul style="list-style-type: none"> • Can they perform safe self-rescue in different water based situations? • Can they swim competently, confidently and proficiently over a distance of at least 25 metres front crawl and back crawl? • Can they use a range of strokes effectively, front crawl, back crawl and breaststroke?