

## National Statutory Requirements

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

## Series of Lessons

Year 5 will continue from the lessons taught in year 4 and will continue to work on water confidence and stroke improvement in front crawl, back stroke and breast stroke. This includes body position and legs, arms and timing, breathing rhythms, buoyancy, propulsion and submergence. Lessons are taught in ability groups, by qualified swimming coaches. Coaches have their own series of lesson plans according to ability being taught.

Children who can swim 25m or more confidently using a recognisable stroke will:

- Develop specific kick or arm action over distance.
- Develop full stroke over distance.
- Be introduced to butterfly.
- Reinforce streamline strokes.
- Reinforce body propulsion.
- Be introduced to entries into water using the race starting blocks.
- Develop and enhance poolside entry dives.

PE



Swimming

Year 5

## Curriculum Progression

Children to progress from their year 4 swimming ability and confidence. Any non-swimmers will be specifically targeted to enable them all to be able to swim, unaided up to 25m using a recognisable stroke.

The children will be:

- Assessed, grouped and taught according to their needs.
- Taught by qualified coaches at Churchers' College Swimming Pool. (6 lessons of 1 hour)
- Taught using shallow, mid-depth and deep end water conditions according to their ability.
- Taught floating techniques: to float, horizontally vertically, prone and supine.
- Taught techniques and take part in activities to build up their water confidence.
- Take part in in mini-competitive races.
- To dive from the poolside or enter the water from the starting blocks.
- Introduced to Personal Survival Skills e.g. treading water, swimming in light clothing, using the Swim England Water Safety Award scribed 1 and 2.

## Unit Outcome

ALL children are able to swim up to 25m using a recognisable stroke.

## Vocabulary

Stroke	Duck dive
Safety	Scull
Breast-stroke	Float
Backstroke	Shallow end
Front crawl	Deep end
Streamline	Starting blocks
Survival	
Self-rescue	
Distance	

## Resources

Lifeguards  
Floats &  
Woggles (from  
pool)  
Adult support –  
walkers to/from  
pool  
Swim kit &  
towel  
Permission slips