

ST JOHN FISHER PRIMARY SCHOOL - SWIMMING

0%

5%

5%

17%

73%

Pupils are measured against the following skills.

Purple Pre-Water Safe	Red Water Safe	Amber Water Confident	Green Water Proofed	Blue Water Smart
KS2 Core Levels				
Outcome 1 Distance Swimming	1.1 Swim unaided for 5m using recognised arm & leg actions; competently, confidently, & consistently.	1.2 Swim unaided for 10m using recognised arm & leg movements; competently, confidently, & consistently.	1.3 Swim unaided for 25m using recognised arm & leg movements; competently, confidently, & consistently.	1.4 Swim unaided for 50m using recognised arm & leg movements; competently, confidently, & consistently.
Outcome 2 Stroke Development	2.2 Swim for 5m on 3 of the following strokes (with buoyancy aids).	2.2 Swim for 5m on 3 of the following strokes (with buoyancy aids).	2.3 Swim for 10m on 3 of the following strokes (with buoyancy aids).	2.4 Swim for 25m on 3 of the following strokes (with buoyancy aids).
	• Front Paddle	• Front Paddle	• Front Paddle	• Front Paddle
	• Back Paddle	• Back Paddle	• Back Paddle	• Back Paddle
	• Basic Breaststroke	• Breaststroke	• Breaststroke	• Breaststroke
	• Butterfly Leg Kick	• Butterfly Leg Kick	• Butterfly Leg Kick	• Butterfly Leg Kick
Outcome 3 Water Safety	3.1 Enter the water safely and submerge the face under water.	3.2 Jump in from poolside, submerge & rise to the surface (1m minimum depth).	3.3 Jump in from poolside, submerge & rise to the surface (1.5m minimum depth).	3.4 Perform a straddle jump from poolside, keeping head out of the water (1.5m minimum depth).
	4.1 Float on front or back for 10 seconds, moving into a standing position (use of aids permitted).	4.2 Float on front or back without aids for 10 seconds in deep water, moving into a standing position.	4.3 Float on front or back without aids for 20 seconds in deep water, then swim back to the wall.	4.4 Float in the HELP position for 1 minute.
	5.1 Tread water for 10 seconds using buoyancy aids in 1.2 depth.	5.2 Tread water in deep water without using buoyancy aids for 15 seconds.	5.3 Tread water in deep water without using buoyancy aids for 30 seconds.	5.4 Tread water in deep water without using buoyancy aids for 60 seconds.
	6.1 Perform a basic shout & signal rescue from poolside.	6.2 Perform a shout & signal rescue using buoyancy aids for 15 seconds.	6.3 Perform a shout & signal rescue (unaided) for 30 seconds.	6.4 Perform a reach rescue.
	7.1 Exit the water safely without support.	7.2 Exit the water safely without using steps (1m minimum depth).	7.3 Exit the water safely without using steps in deep water (1.2m minimum depth).	7.4 Swim 10m with clothes on and exit the water without support or steps.

All to be completed wearing clothes.