

# PE Curriculum Map

## Swimming

Year 6 -

Upper KS2

Year 5 -

- Swim 25m for a floating object.
- Enter and tread deep water.
- Retain a floating object and swim 50m.
- Answer questions on personal survival skills.
- Perform a sitting dive.
- Push and glide on front and back with a smooth transition into stroke.
- Swim 100m in a preferred stroke showing efficient technique. Swim 50m and 25m in 2<sup>nd</sup> and 3<sup>rd</sup> stroke.

Lower KS2

Year 4 -

- Jump into the water unaided.
- Submerge completely and pick up an object from the floor.
- Climb out of the pool without the aid of steps.
- Stand with the face in the water, breathe to the side 6 times, exhaling into the water.
- Swim 25m using arms and legs.
- Swim 5m on the front, log roll onto back and swim for a further 5 m.
- Water safety – scull, tread water, perform a reaching rescue.

Year 2 -

Year 3 -

- Enter the pool confidently.
- Travel 5m on front and back with aids.
- Push and glide to horizontal position on front and back.
- Travel 10m on front and back.
- Complete horizontal floating position and regain standing position.

KS 1

EYFS

Year 1 -

EYFS -

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