

Swimming overview



At Colindale Primary School pupils engage in a broad and varied PE curriculum. Our curriculum follows The National Curriculum where pupils are exposed to different areas of PE, which includes swimming. Through this exposure to a varied and balanced swimming curriculum, our pupils can acquire new skills, develop their fine and gross motor skills, as well as have the opportunity to develop their potential talents.

Colindale Primary School aims to deliver up to 2 hours of high-quality PE every week. This involves weekly PE lessons for pupils in Key Stage 1 and Key Stage 2, as well as weekly swimming lessons (excluding Year 1 who receive an extra PE lesson) taught by a qualified swimming instructor.

Colindale Primary School recognises that swimming can be a powerful tool, which can provide pupils with confidence, boost self-esteem, help pupils gain a sense of belonging, improve fitness and develop an understanding of how to lead a healthy lifestyle. Therefore, alongside our PE curriculum we offer a before school swimming club. This club helps to develop the pupil's interests and provide an avenue for further development of their swimming skills and talents.

British values: Rule of law, Individual Liberty, Mutual Respect

UNICEF values: Articles 6- Right to life, survival and development, Article 13- Freedom of expression, Article 23- Children with disability, Article 24- You have the right to the best possible health, Article 28- Right to education, Article 29- Goals of education, Article 31- Play, leisure and culture

	Autumn	Spring	Summer
Year 2	<p>Swimming- Awards 1</p> <ul style="list-style-type: none"> • Enter the water safely (steps) • Scoop the water and wash face, wash hair, be at ease with water been showered from overhead. • Blow bubbles a minimum of three times with nose and mouth submerged. • Moves forward, backwards and sideways for a distance of 5 metres. • Understand pool rules • Recognise and understand beach flags. • Exit water safely. 	<p>Swimming- Awards 2</p> <ul style="list-style-type: none"> • Enter the water safely (swivel) • Move into a stretched floating position using floating aids. • Regain an upright position from a floating on the back. • Regain an upright position from a floating on the front. • Push and glide in a horizontal position to/from the pool wall. • Travel on the back and front for 5 metres. • Have an understanding of the water safety code. • Exit water safely. 	<p>Swimming- Awards 3</p> <ul style="list-style-type: none"> • Enter the water safely (steps, swivel) • Jump in from the side and submerge. • Push from wall and glide on the front and back. • Push and glide from the wall to the pool floor. • Answer correctly three questions on the water safety code.

<p style="text-align: center;">Year 3</p>	<p>Swimming- Award 4a</p> <ul style="list-style-type: none"> • Enter the water safely (jump, steps, swivel) • Perform a tuck float for 5 seconds. • Perform a sequence of changing shapes (min of three) whilst floating. • Exit the water safely without the use of steps 	<p>Swimming- Award 4b</p> <ul style="list-style-type: none"> • Push and glide on the front with arms extended and log roll onto the back. • Travel on the front, tuck to rotate around the horizontal axis to return on the back. • Travel 10 metres on the front. 	<p>Swimming- Award 4c</p> <ul style="list-style-type: none"> • Push and glide on the back with arms extended and log roll onto front. • Travel 10 metres on the back.
<p style="text-align: center;">Year 4</p>	<p>Swimming- Award 5a</p> <ul style="list-style-type: none"> • Enter the water safely (jump). • Kick 10 metres backstroke. • Kick 10 metres front crawl. • Kick 10 metres butterfly or breaststroke on the front or on the back. • Exit water safely. 	<p>Swimming- Award 5b</p> <ul style="list-style-type: none"> • Travel on back and roll 360 degrees in one continuous movement onto front. • Travel on front and roll 360 degrees in one continuous movement onto back. • Swim 10 metres, choice of stroke. • Exit water safely. 	<p>Swimming- Award 5c</p> <ul style="list-style-type: none"> • Swim 10 metres, choice of stroke. • Shout and signal rescue.
<p style="text-align: center;">Year 5</p>	<p>Swimming- Award 6a</p> <ul style="list-style-type: none"> • Perform three different jumps into the water to include a straddle jump. • Perform a horizontal stationary scull on the back, head first sculling for 5 metres and feet first sculling action whilst horizontal on the back. • Exit deep water without the use of steps. 	<p>Swimming- Award 6b</p> <ul style="list-style-type: none"> • Perform a sculling sequence with a partner for 30-45 seconds and include a rotation. • Swim 10 metres in clothes. • Tread water for 30 seconds. • Exit deep water without the use of steps. 	<p>Swimming - Award 6c</p> <ul style="list-style-type: none"> • Perform a handstand and hold for 3 seconds. • Perform a forward somersault in water. • Swim 10 metres in clothes.

<p style="text-align: center;">Year 6</p>	<p>Swimming- Self Rescue Award- a</p> <ul style="list-style-type: none"> • Enter the water safely using a swivel or straddle jump. • Tread water for 20 seconds. • Float or scull waving one arm and shout for help. • Discuss as a group when these skills might be used to self rescue in different water situations. 	<p>Swimming- Self Rescue Award- b</p> <ul style="list-style-type: none"> • Swim 25 metres to a floating object. • Take up the HELP position. • Swim 10 metres retaining a floating object. • Discuss as a group when these skills might be used to self rescue in different water situations. 	<p>Swimming - Self Rescue Award- c</p> <ul style="list-style-type: none"> • Take up the Huddle position. • Swim using a long arm front paddle to the side. • Climb out from the water of a least full reach depth without using the steps. • Discuss as a group when these skills might be used to self rescue in different water situations.
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For more details on the Unicef articles please click on the link: <https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>