

Swimming Progression Map 2022-23	
Award 1 Shallow Group	<ul style="list-style-type: none"> • I can enter and exit the water safely. • I can move forwards, backwards and sideways for a distance of 5 metres (feet can be on or off the floor). • I can scoop the water and confidently wash my face and be showered from overhead. • I can blow bubbles with my mouth and nose submerged. • I can take part in movement games. • I can give two examples of pool safety rules. • I can recognise and identify the purpose of beach flags.
Award 2 Shallow Group	<ul style="list-style-type: none"> • I can move from a horizontal floating position on my front and return to standing. • I can move from a horizontal floating position on my back and return to standing. • I can push and glide on my front in a horizontal position to or from the pool wall. • I can travel on my back for 5 metres. • I can travel on my front for 5 metres. • I can float on my back. • I understand how to signal for help.
Award 3 Middle Group	<ul style="list-style-type: none"> • I can jump into the pool from pool side and submerge myself. • I can fully submerge to pick up an object. • I can perform a tuck float and hold for 5 seconds. • I can push from a wall and glide on my front with arms extended. • I can perform a rotation from my front to my back then return to standing. • I can perform a rotation from my back to my front then return to standing. • I can identify open water hazards near my home and school.
Award 4 Middle Group	<ul style="list-style-type: none"> • I can jump into the water, submerge, surface and swim back to the point of entry. • I can push and glide towards the pool floor with arms extended. • I can perform a sequence of changing shapes (min of 3) whilst floating on the surface. • I can push and glide on my front with arms extended and log roll onto my back. • I can push and glide on my back with arms extended and log roll onto my front. • I can travel 5 metres on my front, perform a tuck to rotate onto my back and return to the side of the pool. • I can travel 10 metres on my front with feet off the pool floor. • I can travel 10 metres on my back with feet off the pool floor. • I can perform a 'shout and signal' rescue and explain how to get help. • I can exit the pool without the use of steps.
Award 5	<ul style="list-style-type: none"> • I can jump into the water, submerge, surface and swim back to the point of entry. • I can perform a horizontal stationary scull on my back. • I can kick a 10m backstroke. • I can kick a 10m front crawl.

	<ul style="list-style-type: none"> • I can kick 10m butterfly or breaststroke on my front or back. • I can travel on my back and log roll 180 degrees in one continuous movement onto my front. • I can travel on my front and log roll 180 degrees in one continuous movement onto my back. • I can swim 10m (swim stroke of choice). • I can give two examples of where it is safe to swim and why.
Award 6 Deep Group	<ul style="list-style-type: none"> • I can perform 3 different shaped jumps into deep water. • I can perform a head first scull for 5 metres. • I can perform a 10 metre front crawl. • I can perform a 10 metre backstroke. • I can perform a 10 metre breaststroke. • I can tread water for 30 seconds. • I can perform a handstand or forwards somersault (tucked). • I can swim 25 metres in any chosen stroke. • I can swim 10 metres wearing clothes. • I can exit deep water without the use of steps.
Safe Self-Safety Award Deep Group	<ul style="list-style-type: none"> • I can exit the water using a fall entry. • I can float on my back or scull. • I can tread water for 20 seconds with one arm in the air and shout for help. • I can swim 15 metres on the front, rotate and swim 15 metres on my back to a floating object. • I can take up the Heat Escape Lessening Position (H.E.L.P). • I can swim 10 metres retaining a floating object. • I can take up a Huddle position. • I can swim using a long arm front paddle (survival stroke) to the side of the pool. • I can climb out deep water of at least full reach depth without the use of steps. • I can explain when water safety skills might be used in self-rescue in different water- based situations.
Aquatic Skills Deep Group	<ul style="list-style-type: none"> • I can enter and exit the water safely. • I can submerge to pick up an object from the bottom of the pool (full reach depth). • I can swim 25 metres (choice of stroke). • I can swim 50 metres (choice of strokes). • I can participate in a game of mini-water polo. • I can discuss group tactics and skills and evaluate my performance. • I can perform a small group movement sequence for one minute incorporating a number of different skills.