

PE Knowledge and Skills Progression - Swimming

	General		Swimming	
	Knowledge	Skills	Knowledge	Skills
Year R	Your breathing changes when you exercise. Exercise helps keep you healthy.	Work individually and with others. Move safely within the space available, showing control over your body.		
Year 1	Your breathing gets faster when you exercise. You need to warm up before exercise.	Engage in cooperative physical activities. Engage in competitive physical activities against self. Describe your own and others actions. Move confidently and safely within the space available, using change of speed and direction. Begin to develop agility, balance and coordination.		
Year 2	Your heart beats faster when you exercise. You need to cool down after exercise.	Engage in competitive physical activities against others. Describe the differences in your own and others work. Use what you have learned to improve the quality and control of your own work. Develop agility, balance and coordination.		
Year 3	Your breathing gets faster when you exercise because your body needs more exercise. A warm up includes stretching and aerobic exercise. Warming up helps get your body ready for exercise. Cooling down helps your body recover after exercise. Exercise is good for your fitness, health and wellbeing.	Compare your own work to others commenting on similarities and differences. Suggest improvements in your own and others work. Suggest suitable activities for a warm up. Demonstrate agility, balance and co-ordination.	Float, push and glide, front crawl, backstroke, breaststroke, butterfly, jump, dive, straddle, tuck.	Move confidently in the water. Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively e.g. front crawl, backstroke, breaststroke. Perform a safe-self rescue in different water based situations. Improve the control and co-ordination of their bodies in water consolidate and develop the quality of their skills e.g. front crawl, back crawl, breaststroke, floating, survival skills.
Year 4	Your heart beats faster when you exercise because your body needs more oxygen. Warming up helps get your muscles, lungs and heart ready for exercise. Cooling down helps your muscles, heart and lungs recover after exercise.	Compare your work to others' and use this comparison to improve your performance. Suggest suitable activities for a cool down. Consistently demonstrate agility, balance and co-ordination. Begin to develop flexibility, strength, technique and control.		
Year 5	When you exercise your muscles need more oxygen. Your breath faster and deeper to get more oxygen into your lungs. The oxygen transfers into your blood stream. Your heart pumps faster and deeper to get the oxygen round your body to the muscles where it is needed. Stretching helps prepare your muscles for exercise. Aerobic activity helps prepare your lungs and heart for exercise.	Evaluate and recognise your own success. Compare and comment on skills, techniques and ideas used in your own and others work. Organise your own warm-up and cool-down activities to suit different activities. Develop flexibility, strength, technique and control.		
Year 6	When you exercise lactic acid builds up in your muscles. Too much of this causes cramp.	Compare your performances with previous ones and demonstrate improvement to achieve personal best. Analyse and comment on skills and techniques and how these are applied in your own and others' work. Lead warm up and cool down activities for others. Demonstrate flexibility, strength, technique and control.		