



The Black Pear Trust

## PE Progression Document



The Black Pear Trust

### Swimming Progression- The Black Pear Trust

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> <li>-Enter and exit the pool safely using the steps</li> <li>-Walk across the pool with a buoyancy aid.</li> <li>-Walk across the pool unaided.</li> <li>-Confidently submerge their entire head under water and blow bubbles.</li> <li>-Float using a buoyancy aid.</li> <li>-Show different shapes in the water (curled, stretched, wide, narrow)</li> <li>-Swim across the width of pool with a buoyancy aid (unaided Year 2)</li> </ul>			<ul style="list-style-type: none"> <li>-Swim 10 metres on the back without buoyancy aids (or at least using one arm) whilst breathing above the water.</li> <li>-Swim 10 metres on the front without buoyancy aids (or at least using one arm) whilst breathing above the water.</li> </ul>	<ul style="list-style-type: none"> <li>-Swim 10 metres on front and back without the use of buoyancy aids.</li> <li>-Tread water for 10 seconds.</li> <li>-Complete a surface dive and collect an item from the bottom of the pool.</li> </ul>	<ul style="list-style-type: none"> <li>-Swim 25 metres on the front and back without buoyancy aids.</li> <li>-To float unaided.</li> <li>-Jump into deep water (pool) and swim to the side climbing out not using the steps.</li> </ul>	<ul style="list-style-type: none"> <li>-Swim 25 metres on the front and back without buoyancy aids.</li> <li>-Swim 50 metres without stopping.</li> <li>-Perform a safe self-rescue using treading water and getting to the side of the pool.</li> </ul>

### Layered Language

<ul style="list-style-type: none"> <li>• Float</li> <li>• Kick</li> <li>• Swim</li> <li>• Front crawl</li> <li>• Reaching</li> <li>• Kicking</li> <li>• Breathing</li> <li>• Bubble</li> </ul>	<ul style="list-style-type: none"> <li>• Front crawl</li> <li>• Backstroke</li> <li>• Breaststroke</li> <li>• Flat</li> <li>• Stroke</li> </ul>	<ul style="list-style-type: none"> <li>• Front crawl</li> <li>• Backstroke</li> <li>• Breaststroke</li> <li>• Float</li> <li>• Buoyancy-aid</li> <li>• Rescue</li> <li>• Kick</li> <li>• Breath</li> <li>• Resistance</li> <li>• Push</li> <li>• Stroke</li> </ul>	<ul style="list-style-type: none"> <li>• Front crawl</li> <li>• Backstroke</li> <li>• Breaststroke</li> <li>• Float</li> <li>• Buoyancy-aid</li> <li>• Rescue</li> <li>• Kick</li> <li>• Breath</li> <li>• Resistance</li> <li>• Push</li> <li>• Stroke</li> </ul>	<ul style="list-style-type: none"> <li>• Front crawl</li> <li>• Backstroke</li> <li>• Breaststroke</li> <li>• Float</li> <li>• Buoyancy-aid</li> <li>• Rescue</li> <li>• Kick</li> <li>• Breath</li> <li>• Resistance</li> <li>• Push</li> <li>• Tread water</li> <li>• Survival</li> <li>• Stroke</li> </ul>
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