



# National Curriculum for Swimming

Key Stages 1 - 3

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# Aims & Objectives of Workshop

1. Provide knowledge & understanding of programme of study for KS1 – KS3 (Swimming & Water Safety)
2. Highlight the importance & use of Qualifications & Curriculum Authority (QCA) Core Tasks & Expected Standards in Swimming & Water Safety
3. Cross-curricular links
4. Swimming & Water Safety in relation to Physical Education (PE)



# KS1 Programme of Study

## Pupils should be taught to:

- Move in water (for example, jump, walk, hop and spin, using swimming aids and support)
- Float and move with and without swimming aids
- Feel the buoyancy and support of water and swimming aids
- Propel themselves in water using different swimming aids, arms and leg actions and basic strokes



# QCA Expectation – Key Stage 1

## ***most children will be able to:***

- Swim between 10 and 20 metres unaided in shallow water, using their arms and legs to propel themselves;
- Use one basic method to swim the distance, making sure that they breathe
- Using floats, swim over longer distances and periods of time with a more controlled leg kick
- Join in all swimming activities confidently; explore freely how to move in and under water
- Recognise how the water affects their temperature: recognise how their swimming affects their breathing
- Identify and describe the difference between different leg and arm actions.



# KS2 – Programme of Study

## Pupils should be taught to:

- pace themselves in floating and swimming challenges related to speed, distance and personal survival
- swim unaided for a sustained period of time over a distance of at least 25 metres
- use recognised arm and leg actions, lying on their front and back
- use a range of recognised stroke and personal survival skills [for example, front crawl, back crawl, breaststroke, sculling, floating and surface diving]



# QCA Expectations - Key Stage 2

***most children will be able to:***

- swim between 50 and 100 metres and keep swimming for 45 to 90 seconds
- use three different strokes, swimming on their front and back with controlled breathing
- swim confidently and fluently on the surface and under water
- work well in groups to solve specific problems and challenges, sharing out the work fairly
- recognise how swimming affects their body, and pace their efforts to meet different challenges
- suggest activities and practices to help improve their own performance



# Range & Content of KS3

The study of PE should include activities that cover at least four of the following:

- a outwitting opponents, as in games activities
- b accurate replication of actions, phrases and sequences, as in gymnastic activities
- c exploring and communicating ideas, concepts and emotions, as in dance activities
- d performing at maximum levels in relation to speed, height, distance, strength or accuracy, as in athletic activities
- e identifying and solving problems to overcome challenges of an adventurous nature, as in life saving and personal survival in swimming and outdoor activities
- f exercising safely and effectively to improve health and wellbeing, as in fitness and health activities.



# KS3 – Programme of Study

If swimming is taught during Key Stage 3, Pupils should be taught to:

- Set and meet personal and group targets in swimming events, water-based activities, personal survival challenges and competitions; and
- Use a range of recognised strokes, techniques and personal survival skills with technical proficiency.





# Activity 1

Swimming & Water Safety is a part of the National Curriculum & PE

- Does your school swimming programme deliver minimum requirements of KS2 or deliver the QCA expectations at KS2?
- Discuss amongst your groups & feedback



# Core Tasks

- QCA programme of study for PE
- Swimming & Water Safety (1 of 9 activities of PE curriculum)
- 2 core units for Swimming & Water Safety
- 3 core tasks per unit
- 8 – 12 hours learning per unit
- End of Key Stage 2 (Y6) Expectation to reach attainment Level 4 (all subject areas)

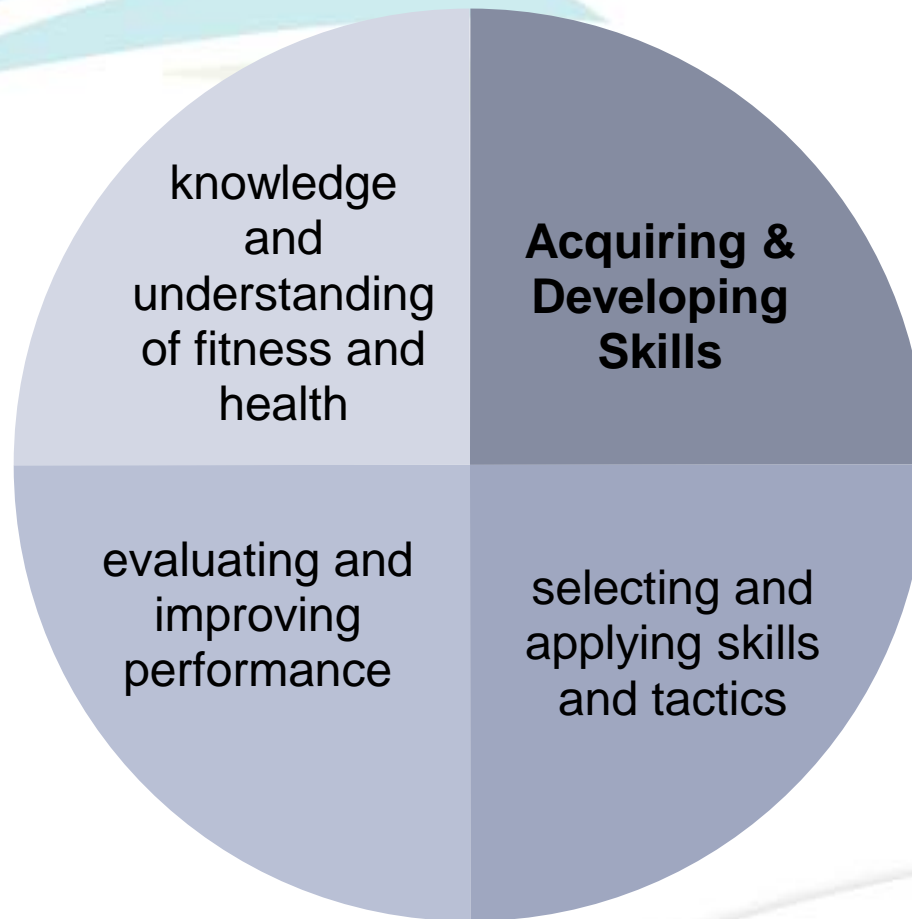


# QCA – Core Tasks/Level Table

	Pre-level 1	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	
Gymnastic activities		UNIT 1 CORE TASK 1  UNIT 1 CORE TASK 2	UNIT 2 CORE TASK 1  UNIT 2 CORE TASK 2  UNIT 3 CORE TASK 1  UNIT 3 CORE TASK 2	UNIT 4 CORE TASK 1  UNIT 4 CORE TASK 2  UNIT 3 CORE TASK 1  UNIT 3 CORE TASK 2	UNIT 5 CORE TASK 1  UNIT 5 CORE TASK 2	UNIT 6 CORE TASK 1  UNIT 6 CORE TASK 2  LINK UNIT CORE TASK 1  LINK UNIT CORE TASK 2	DEVELOPMENT UNIT CORE TASK 1  DEVELOPMENT UNIT CORE TASK 2	INTERMEDIATE UNIT CORE TASK 1  INTERMEDIATE UNIT CORE TASK 2
Dance activities		UNIT 1 CORE TASK 1	UNIT 2 CORE TASK 1	UNIT 3 CORE TASK 1  UNIT 4 CORE TASK 1	UNIT 5 CORE TASK 1  UNIT 5 CORE TASK 2	UNIT 6 CORE TASK 1  DEVELOPMENT UNIT CORE TASK 1	INTERMEDIATE UNIT CORE TASK 1	
Athletic activities		UNIT 1 CORE TASK 1  UNIT 1 CORE TASK 2  UNIT 1 CORE TASK 3	UNIT 1 CORE TASK 2  UNIT 2 CORE TASK 2	UNIT 2 CORE TASK 1  UNIT 2 CORE TASK 2	UNIT 3 CORE TASK 1  UNIT 3 CORE TASK 2  UNIT 3 CORE TASK 3	DEVELOPMENT UNIT CORE TASK 1  DEVELOPMENT UNIT CORE TASK 2  DEVELOPMENT UNIT CORE TASK 3	INTERMEDIATE UNIT CORE TASK 1  INTERMEDIATE UNIT CORE TASK 2  INTERMEDIATE UNIT CORE TASK 3	
Outdoor and adventurous activities		UNIT 1 CORE TASK 1  UNIT 1 CORE TASK 2	UNIT 2 CORE TASK 1  UNIT 2 CORE TASK 2  UNIT 2 CORE TASK 3	UNIT 3 CORE TASK 1  UNIT 3 CORE TASK 2  UNIT 3 CORE TASK 3	DEVELOPMENT UNIT CORE TASK 1  DEVELOPMENT UNIT CORE TASK 2	INTERMEDIATE UNIT CORE TASK 1  INTERMEDIATE UNIT CORE TASK 2		
Swimming activities and water safety		UNIT 1 CORE TASK 1  UNIT 1 CORE TASK 2  UNIT 1 CORE TASK 3	UNIT 2 CORE TASK 1  UNIT 2 CORE TASK 2  UNIT 2 CORE TASK 3	DEVELOPMENT UNIT CORE TASK 1  DEVELOPMENT UNIT CORE TASK 2  DEVELOPMENT UNIT CORE TASK 3	INTERMEDIATE UNIT CORE TASK 1  INTERMEDIATE UNIT CORE TASK 2  INTERMEDIATE UNIT CORE TASK 3			



# Four Strands of the National Curriculum





# Cross-Curricular Links

	Key Stage 1	Key Stage 2	Key Stage 3
Maths	Measuring and recording distances	Time, distance & challenges related to speed	challenges and targets
English/Literacy	Using specialist language; vocabulary extension is an objective in each term	Evaluating, explaining and describing swimming activities; evaluation is highlighted as an appropriate activity in each year	pupils will be able to understand use, spell and describe correctly words relating to the activities e.g. starts, turns, water polo etc
Science	Understanding floating and sinking, exploring forces	Investigating propulsion with arms and legs, exploring forces	Understand the forces and propulsion relating to sculling & stroke techniques
PHSE	Learning to work safely with others	Finding out why swimming is good for your health	Solve problems, consider alternatives, structure plans and organise group activities



# Addressing the Barriers



- **Cost (transport) is perhaps the largest barrier to school swimming:**

Consider:

1. Making school swimming about more than just swimming
2. Physical Education in water
3. Cross curricular links



# Conclusion

## **Critical Evaluation of your current School Swimming Programme is crucial:**

- Do your lessons address the 4 strands of NC?
- What should/could you change in your programme to achieve KS2/QCA Expected Standards rather than KS2 minimum requirements?
- Do your schools swim enough – minimum 24 hours (per pupil)?
- Cross-curricular lessons e.g.; links to science/maths?
- Think PE! (The whole PE curriculum could be delivered in the pool)



# The National Curriculum Expectations at Key Stage 2

- [http://www.standards.dfes.gov.uk/schemes2/phe/pheswim2/?view=the\\_whole\\_unit](http://www.standards.dfes.gov.uk/schemes2/phe/pheswim2/?view=the_whole_unit)

The screenshot shows a Windows Internet Explorer browser window displaying the Standards Site. The address bar shows the URL: <http://www.standards.dfes.gov.uk/schemes2/phe/pheswim2/?view=get>. The page header includes the logo for the Department for Children, Schools and Families and the Standards Site logo. A search bar is visible with the text "Enter search words" and a "Go" button. The main content area is titled "Schemes of Work" and features a navigation menu with options: "Schemes home", "Planning", "Adapting units", "Combining units", and "Schemes help". The current page is "Unit 16: Swimming activities and water safety (2) Developing and competent swimmers". The page content includes a section titled "About this unit" with the following text: "In this unit children focus on swimming more fluently, improving their swimming strokes, and learning personal survival techniques." and "In all swimming activities, children have to keep afloat and propel themselves through water. Learning to swim enables them to take part in a range of water-based activities." There is also a section titled "Sections in this unit" with the text: "This unit is divided into sections. Each section contains a sequence of activities with related objectives and outcomes. You can view this unit by moving through the sections or print/download the whole unit." The Windows taskbar at the bottom shows the Start button, several open applications, and the system tray with the time 21:32.





Safe swimming homepage - Windows Internet Explorer

C:\Documents and Settings\StoneyF\My Documents\Safe swimming homepage.mht

Google

Safe swimming homepage

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Qualifications and Curriculum Authority

Search the QCA website

I AM A... | I AM INTERESTED IN... | TYPE OF INFORMATION

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**Safe swimming homepage**  
Swimming safely, swimming well

**SAFE SWIMMING HOMEPAGE**

- Teachers Zone
- Parents' Zone
- Pupils' Zone
- Links

This website gives practical ideas, resources and guidance to help children and young people learn how to swim safely and well. Whether you're a teacher, parent or pupil, you'll find something here for you.

**Teachers Zone**



Looking for new ways to inspire your pupils while meeting the requirements of the national curriculum for PE? Unsure how to plan a swimming and water safety programme for your school?

In the teachers' zone you will find all sorts of practical ideas and information. Choose from a set of exciting core tasks, which come complete with guidance on how to develop pupils' swimming techniques and strokes. Or find expert advice on everything from planning lessons and organising adult support to assessing and managing risk.

**Parents Zone**

Keen to help your child's school teach them how

Done

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Safe Swimming Website  
[http://www.qca.org.uk/qca\\_556.aspx](http://www.qca.org.uk/qca_556.aspx)

