# Swimming & Water Safety

Ambition - Community - Equality

## Year 3

- Develop basic pool safety skills.
- Develop confidence in water.

## Year 4

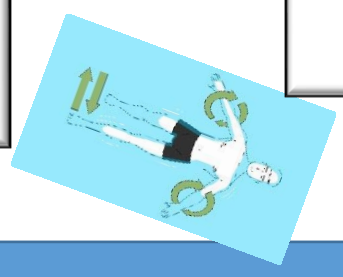
- Develop travel in vertical or horizontal position and introduce floats.
- Begin treading water

## Year 5

- Develop balance, link activities and travel further on stroke.
- Develop push and glides, any kick action on front and back with or without support aids.

## Year 6

- Show breath control.
- Be introduced to deeper water.



## Year 7

- Use a range of strokes effectively, e.g. front crawl, backstroke and breastroke.
- Swim competently and confidently over a distance of at least 25 metres.
- Perform safe self-rescue in different water-based situations.