

## Acquiring and developing skills

P 4-5	P 6-7	P 8	NC1	NC2
Put your face in the water	Submerge your whole body	Enter water, jump up and down and walk up to 1 width in mid depth water	Move around and across the pool using aids and support eg running, hopping, walking	Attempt to reach forward to the side and kick your feet without aids
Play in the shallow end	Kicking legs using a float to travel through the water and use 'roly poly' arms for swimming with arm bands	Attempt to combine arm and leg actions for one swimming stroke and begin to swim short distances with aids	Attempt to combine arm and leg actions for one stroke and begin to swim short distances without aids	Begin to swim short distances of 5-20 m using aids
Take your feet off the bottom of the pool using aids	Move on and below the surface showing confidence and enjoyment	Show at least one stroke, floating on the surface and under water with aids	Show at least one stroke, floating on the surface and under water without aids	Use arms to propel yourself through the water Kick legs in a variety of ways

## Selecting and applying skills, tactics and compositional ideas

P 4-5	P 6-7	P 8	NC1	NC2
Play with float mats and float on the water with aids and teacher assistance	Kick legs using a float to travel through the water and use 'roly poly' arms for swimming with aids	Swim at least 2m on your back or your front with aids	Swim at least 5 m on your back or front with or without aids	Use different arm and leg actions to propel yourself through the water
Permit adults to tow you on your back and front	Hold a stretched shape with teacher assistance when floating with aids	Float on the water with aids	Hold a stretched shape when floating with aids	Stretch out and keep afloat the surface of water using a number of body shapes

## Knowledge and understanding of fitness and health

**P 4-5**

Tolerate splashing and respond appropriately to the whistle

**P 6-7**

Identify how your body feels in water in simple statement

**P 8**

Know the rules and routines required to keep you safe in and near water

**NC1**

Take care of yourself and be aware of others in and around the pool

**NC2**

Explain what to do to feel warmer in the water

## Evaluating and improving performance

**P 4-5**

Respond to words describing how you feel in the water

**P 6-7**

Identify how your body feels in water in simple statements

**P 8**

Identify and perform your favourite activity in the pool when asked

**NC1**

Talk about what your body feels like in the water

**NC2**

Use actions and words to indicate what you and others do in the pool

Use actions to indicate what you like doing in the pool

Make different shapes in the water and explain how different shapes affect your body

Copy demonstrations and identify the action

Copy and describe what you see in short demonstrations

Watch/ describe swimming actions of others