

National Curriculum Swimming Guidelines

Grade 1 - (Minimum requirements for end of key stage 1) moving on front and back with/without aids for min 5m and able to do basic water confidence skills

Grade 2 - Pupils are able to swim 10 m front and back with water skills (Key stage 1 requirements)

25M length min requirements for end of key stage 2

Grade 3 –Pupils are able to complete 25m confidently plus the following skills

- Log roll
- Submerge and retrieve object from pool floor
- Pencil Jump
- Breathing exercise

Reaching Rescue /Throw Rescue are basic land base water safety methods which is important and key part of the curriculum.

Water Safety Award is swimming and skills which are achieving the National Curriculum for end of key Stage 2 at a good standard.

Personal Survival Award along with Grade 3 and Water Safety for the national curriculum at end of key stage 2 to very good level

Bronze - Competent Swimmer are awards which are meeting very good levels at Key stage 3 levels.

Elite Swimmer Award is excellent level at Key stage 3 level and if they were assessed for GCSE Swimming they would be looking at achieving top mark 10.