

Swimming	Pupil friendly objectives
Taught Years 3	<ul style="list-style-type: none"> • I can begin to use arms and legs together to move effectively across the water. (S1)
	<ul style="list-style-type: none"> • I can demonstrate what to do if I fall into water. (S2)
	<ul style="list-style-type: none"> • I can float on my front and back. (S3)
	<ul style="list-style-type: none"> • I can glide on both front and back. (S4)
	<ul style="list-style-type: none"> • I can roll from my front to my back and then regain a standing position. (S5)
	<ul style="list-style-type: none"> • I can swim over a distance of 10m unaided. (S6)
	<ul style="list-style-type: none"> • I know several pool rules and can explain how they help me to stay safe. (S7)
	<ul style="list-style-type: none"> • I can use the correct arm and leg movements to swim front crawl and backstroke. (S1)
	<ul style="list-style-type: none"> • I can climb out of the pool unaided. (S2)
	<ul style="list-style-type: none"> • I can swim a distance of 25m without stopping and using a consistent stroke. (S3)
	<ul style="list-style-type: none"> • I can swim using a range of strokes, e.g. front crawl, backstroke and breaststroke, (S4)
	<ul style="list-style-type: none"> • I can perform different self-rescue actions. e.g. Using a float, treading water, climbing out of the pool etc. (S5)