

Swimming			
Year group	Knowledge	Skills	Key Vocabulary
Year 1-6 Knowledge and skills developed through each year group.	<ul style="list-style-type: none"> - To understand how to be safe in and around the water - To understand a range of strokes - To understand which stroke is the most efficient - To understand how to perform safe self-recue - 	<ul style="list-style-type: none"> - All schools must provide swimming instruction in either KS1 or KS2 - Develop confidence in the water - Swim competently, confidently and proficiently over a distance of at least 25 metres - use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke) - perform safe self-rescue in different water-based situations 	Water, proficiently, strokes, front crawl, backstroke, breaststroke, butterfly, safety, self- rescue, confidence

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