



Hallcroft Infant & Nursery School

PE External Provider



Spring 2, Summer
1, Summer 2 - Year
2

Swimming

- **Gymnastics (Year 1 Spring 1)** *can move creatively with control, balance and coordination, can show a clear intent of direction when travelling managing their weight, can work with others, taking turns and sharing without prompts, can cooperate and work in small teams showing respect to others, can make judgements to improve their work*
- **Multi Skills (Autumn 1)** *can use a variety of level, direction and types of movement (jump, twist etc), can cooperate and work with others, can make judgements and improve their work, can use a range of movements, can follow rules, can change speed, direction and level, can travel over, under, round and through objects with balance and coordination*
- **Dance (Autumn 2)** *can use arms and legs simultaneously and in different directions, can work well with others taking turns, sharing and helping, can use a range of movements, can move body from one position to another, can travel in different directions, can show physical stability.*

Our Swimming unit is delivered by trained swimming teachers from Retford Leisure Centre. The children are assessed initially and work in groups according to their skills and experiences in the water.

Through this work the children work towards developing the following skills

- **Water confidence:** Children should become comfortable in the water, including having water showered on their face.
- **Basic movement:** They should learn to move forwards, backwards, and sideways for short distances in the water.
- **Floating and recovery:** Skills include moving into a flat floating position on their front and back and then returning to a standing position.
- **Push and glide:** They should learn to push and glide from a wall in a flat position on their front and back.
- **Safety and rules:** They must be taught to enter and exit the water safely and to understand basic pool rules.

Progression: KS1 skills build towards the requirements of KS2, where students must be able to swim competently for at least 25 metres, use a range of strokes (front crawl, backstroke, breaststroke), and perform safe self-rescue techniques.

