

Swimming Progression Journey

Beginners

Submerge and regain feet in the water.

Breathe in sync with an isolated kicking action from poolside.

Use arms and legs together to move effectively across a short distance in the water.

Glide on front and back over short distances.

Float on front and back for short periods of time.

Confidently roll from front to back and then regain a standing position.

Developers

Confidently and consistently retrieve an object from the floor with the same breath.

Begin to co-ordinate breath in time with basic strokes showing some consistency in timing

Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes

Combine gliding and floating on front and back over an increased distance

Float on front and back using different shapes with increased control.

Comfortably demonstrate sculling head first, feet first and treading water

Intermediate

Confidently combine skills to retrieve an object from greater depth

Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes.

Confidently demonstrate good technique in a wider range of strokes over increased distances.

Combine gliding and transitioning into an appropriate stroke with good control.

Confidently link a variety of floating actions together demonstrating good technique and control.

Select and apply the appropriate survival technique to the situation.