

Swimming and Water Safety

This resource addresses the swimming skills that pupils should master by the end of KS2. Pupils could use the sheet to self-assess and set targets for swimming, or it could be used as a teacher assessment tool.



Swimming and Water Safety

Skill Description	✓	Notes
A. Swimming Confidently		
i. Feel confident swimming 25m.	
ii. Swim 25m proficiently using one effective stroke.	
B. Using Different Strokes		
i. Swim front crawl effectively and confidently.	
ii. Swim breaststroke effectively and confidently.	
iii. Swim backstroke effectively and confidently.	
C. Water Self-Rescue		
i. Float on their back calmly for short periods.	
ii. Float on their front calmly for short periods.	
iii. Tread water calmly for a specified amount of time (e.g. 30 seconds).	
iv. Tread water while raising one arm in the air to signal for help.	
v. Use a flotation device to support their head, hold a heat-preserving position for a short period. (Pupils should cross their arms, draw their knees up to their chest and cross their ankles.)	
vi. Know how to call for help if they get into difficulty in the water.	
D. Attitude to Swimming		
i. Describe basic dangers in and around the pool.	
ii. Listen carefully to instructions at the pool to ensure safety.	