

# RAEDWALD ACADEMY TRUST

## KS2 Programme of study - PE/Swimming

**Purpose of study:** This document outlines the National Curriculum guidelines for Physical Education at Key Stage 2. Each site must review the information and create a bespoke curriculum based on their resources, facilities and equipment available to them as well as ensuring the offer is fit for purpose against the pathway parameters.

**Aims:** To provide our children with the opportunity to meet the National Curriculum's requirements and provide fun learning experiences through Physical Education that not only helps them build their practical skills but also enhance their social and emotional development too. It should also provide opportunities for pupils to become physically confident in a way which supports their health and fitness.

**Physical Education at Alderwood:** Due to the nature of the pathway at Alderwood and being a fractional placement, a deliberate and conscious decision has been made to deliver 50% of statutory entitlement of Physical Education, which is delivered through a weekly swimming session. Alderwood currently follow the Swim England Learn to Swim Framework. This framework supports developing confident and competent swimmers through fun and enjoyment, with stages 1-7 being at the core of the programme (see appendix 1).

### Key Stage 2 Physical Education

Area of study	What pupils should be taught	How	Outside agencies
Swimming	<p>All pupils must be taught to swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</p> <p>Perform safe self-rescue in different water-based situations</p>	This area of study must be covered and outside agencies have to be involved due to lack of swimming facilities across all RT sites	Ipswich Borough Council

<b>Movement</b>	Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] And perform dances using a range of movement patterns	This area of study will be covered through the gymnastics, dance and athletics units (see individual activity programmes of study)	
<b>Using skills, techniques</b>	Pupils should be taught use running, jumping, throwing and catching in isolation and in combination	This area of study will be covered through the athletics and games units (see individual activity programmes of study)	
<b>Cooperation</b>	Pupils should play team games, modified where appropriate [for example, football, hockey, netball, rounders], and apply basic principles suitable for working together, collaborating and cooperating.	This area of study will be covered through the games units (see individual activity programmes of study)	
<b>Competition</b>	Pupils should play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	This area of study will be covered through the games units (see individual activity programmes of study)	
<b>Challenge</b>	Pupils should take part in outdoor and adventurous activity challenges both individually and within a team	This area of study will be covered through the outdoor adventurous activity units (see individual activity programmes of study).	
<b>Preparation for life and participation</b>	Compare their performances with previous ones and demonstrate improvement to achieve their personal best and to understand how to improve.  Pupils should be encouraged to make use of outside provider links, clubs and local initiatives.	This area of study will be covered through the gymnastics, dance, athletics and games units (see individual activity programmes of study)	
<b>Health and fitness</b>	Pupils should aim to be physically active for sustained periods time and lead healthy, active lives	This area of study will be covered across all of the activity areas (see individual activity programmes of study)	

### **Learn to Swim Stage 1 Outcomes**

By completing the Learn to Swim Stage 1 Award, swimmers will be able to:

1. Enter the water safely.
2. Move forward for a distance of 5 metres, feet may be on or off the floor.
3. Move backwards for a distance of 5 metres, feet may be on or off the floor.
4. Move sideways for a distance of 5 metres, feet may be on or off the floor.
5. Scoop the water and wash the face.
6. Be comfortable with water showered from overhead.
7. Move from a flat floating position on the back and return to standing.
8. Move from a flat floating position on the front and return to standing.
9. Push and glide in a flat position on the front from a wall.
10. Push and glide in a flat position on the back from a wall.
11. Give examples of two pool rules.
12. Exit the water safely.

### **Learn to Swim Stage 2 Outcomes**

By completing the Learn to Swim Stage 2 Award, swimmers will be able to:

1. Jump in from poolside safely.
2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
3. Move from a flat floating position on the back and return to standing without support.
4. Move from a flat floating position on the front and return to standing without support.
5. Push from a wall and glide on the back – arms can be by the side or above the head.
6. Push from a wall and glide on the front with arms extended.
7. Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment.
8. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment.
9. Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.
10. Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.

11. Perform a log roll from the back to the front.
12. Perform a log roll from the front to the back.
13. Exit the water without support.

### **Learn to Swim Stage 3 Outcomes**

By completing the Learn to Swim Stage 3 Award, swimmers will be able to:

1. Jump in from poolside and submerge.
2. Sink, push away from wall and maintain a streamlined position.
3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
6. Fully submerge to pick up an object.
7. Correctly identify three of the four key water safety messages.\*
8. Push and glide and travel 10 metres on the back.
9. Push and glide and travel 10 metres on the front.
10. Perform a tuck float and hold for three seconds.
11. Exit the water without using steps.

### **Learn to Swim Stage 4 Outcomes**

By completing the Learn to Swim Stage 4 Award, swimmers will be able to:

1. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.
2. Push and glide from the wall towards the pool floor.
3. Kick 10 metres backstroke (one item of equipment optional).
4. Kick 10 metres front crawl (one item of equipment optional).
5. Kick 10 metres butterfly on the front or on the back.
6. Kick 10 metres breaststroke on the front (one item of equipment optional).
7. Perform a head first sculling action for 5 metres in a flat position on the back.
8. Travel on back and log roll in one continuous movement onto front.
9. Travel on front and log roll in one continuous movement onto back.

10. Push and glide and swim 10 metres, choice of stroke is optional.

### **Learn to Swim Stage 5 Outcomes**

By completing the Learn to Swim Stage 5 Award, swimmers will be able to:

1. Perform a flat stationary scull on the back.
2. Perform a feet first sculling action for 5 metres in a flat position on the back.
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
4. Tread water for 30 seconds.
5. Perform three different shaped jumps into deep water.
6. Push and glide and swim 10 metres backstroke (performed to Swim England expected standards).
7. Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).
8. Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).
9. Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).
10. Perform a handstand and hold for a minimum of three seconds.
11. Perform a forward somersault.
12. Demonstrate an action for getting help.

### **Learn to Swim Stage 6 Outcomes**

By completing the Learn to Swim Stage 6 Award, swimmers will be able to:

1. Give two examples of how to prepare for exercise and understand why it is important.
2. Sink, push off on side from the wall, glide, kick and rotate into backstroke.
3. Sink, push off on side from the wall, glide, kick and rotate into front crawl.
4. Swim 10 metres wearing clothes.
5. Push and glide and swim front crawl to include at least six rhythmical breaths.
6. Push and glide and swim breaststroke to include at least six rhythmical breaths.
7. Push and glide and swim butterfly to include at least three rhythmical breaths.
8. Push and glide and swim backstroke to include at least six regular breaths.

9. Push and glide and swim 25 metres, choice of stroke is optional (performed to [Swim England expected standards](#)).
10. Perform a 'shout and signal' rescue.
11. Perform a surface dive.

### **Learn to Swim Stage 7 Outcomes**

By completing the Learn to Swim Stage 7 Award, swimmers will be able to:

1. Push and glide and swim 25 metres backstroke (performed to Swim England expected standards).
2. Push and glide and swim 25 metres front crawl (performed to Swim England expected standards).
3. Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).
4. Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).
5. Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills:  
*Sculling*: head first, feet first  
*Rotation*: forward or backward somersault, log roll  
*Floating*: star on the front or on the back, tuck float, create own  
*Eggbeater*: Moving, lifting one or both arms out of the water
6. Perform a sitting dive or dive.
7. Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).
8. Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).
9. Tread water using eggbeater action for 30 seconds.
10. Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.