

Stage 4 National Plan for teaching Swimming Outcomes	
Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface and demonstrate an understanding of floating	
Push & glide from the wall towards the pool floor	
Kick 10 metres Backstroke (one item of equipment optional)	
Kick 10 metres Front Crawl (one item of equipment optional)	
Kick 10 metres Butterfly on the front or on the back	
Kick 10 metres Breaststroke on the front (one item of equipment optional)	
Perform on the back a head first sculling action for 5 metres in a horizontal position	
Travel on the back and log roll in one continuous movement onto front	
Travel on the front and log roll in one continuous movement onto back	
Push and glide and swim 10m , choice of stroke is optional	

This is the guideline that BSF have been using to teach swimming to KS2 and will be very similar for KS1 but excluding the butterfly and breaststroke unless they are very confident and capable.

By the end of a 6 week block of swimming lessons children should have worked on backstroke and front crawl and moved onto butterfly and breaststroke if they had correct body position.

The main focus of week 1 is to establish a flat body position on the front and back, this is the fundamental skill for all swimming techniques.