

Sonning Common Primary School

Teaching Programme Criteria



L1

- 1 Enter water safely, understand pool rules.
- 2 Wash face with confidence.
- 3 Blow bubbles, mouth in the water, 6 times in a rhythmic pattern.
- 4 Swim 5m front and back paddle regaining standing position each time (using swim aids)
- 5 Be pulled through the water in a streamlined prone position, chin on water and regain standing position. (with swim aids)
- 6 Be pulled through the water in a supine position, ears in water and regain standing position.(with swim aids)
- 7 Jump into water with help if required and return to wall and hold on.
- 8 Using swim aids turn 360° in an upright position with feet off bottom the pool.
- 9 Star float on front (face need not be in water) and back with help.
- 10 Climb out safely using steps.

L2

- 1 Jump into water safely without assistance.
- 2 Blow bubbles, face in water 6 times in a rhythmic pattern. Long blow quick breath.
- 3 Kick 5m alternating leg action with face in water eyes looking down, long legs, kicking from the hip with a slight bend at knee with swim aids.
- 4 Kick 5m alternating leg action in supine position, kicking from hip with a slight bend at the knees, head still and eyes looking up.
- 5 Swim 5m basic breaststroke leg action.
- 6 Swim 5m front paddle face in water with taking one breath, without swim aids.
- 7 Swim 5m back paddle, no swim aids.
- 8 Demonstrate a push and glide on front and back with swim aids.
- 9 Star float front and back with help if required.
- 10 Perform mushroom float for 5 seconds.

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Teaching Programme Criteria



L3

- 1 Float in prone neutral position-for 10 seconds, no swim aids. Float in supine position for 10 seconds.
- 2 Introduce F/C breathing to side using swim aids.
- 3 Kick 5m in prone neutral position, one breath taken to front.
- 4 Kick 5m in supine position, head still, kicking from hip, toes pointed.
- 5 Swim 5m F/C and B/C.
- 6 Swim 5m Breaststroke legs attempting feet in dorsiflexed position.
- 7 5m Dolphin leg kick.
- 8 Push and glide 3m front and back.
- 9 Pick up sinky toys from pool bottom.
- 10 Climb out without using steps.

L4

- 1 Swim 10m Front Crawl attempting good breathing to side.
- 2 Swim 10m Back Crawl, head still, good body position and kick based stroke.
- 3 Kick 10m alternating leg action in prone position, arms in neutral position, breathing to front.
- 4 Kick 10m alternating leg action in supine streamlined position.
- 5 5m Breaststroke leg kick, feet in dorsiflexed position.
- 6 Scull head first in supine position.
- 7 Drop down push and glide front and back for 5m.
- 8 Kick 5m on front roll 180° and swim 5m on back and repeat back to front.
- 9 Practice treading water.
- 10 Attempt a forward roll.