

Swimming Assessment

Y1	Year 2	Year 3	Year 4	Year 5	Year 6
I can get in the pool safely, unaided	I can get in and out of the pool unaided	I can move in and around water confidently and competently	I join in all swimming activities confidently	I can use three different strokes, swimming on my front and back for at least 20m	I can swim between 25 and 50 metres unaided, using my arms and legs with coordination.
I can swim 10 metres with a swimming aid	Using floats, I can swim over longer distances, with a more controlled leg kick	I can swim between 10 and 20 metres unaided in shallow water, using my arms and legs to move	I can use more than one swimming stroke to swim at least 10m	I can describe different strokes	I can swim at least three strokes with control and confidence (25m+)
I can put my head in the water	I explore freely how to move in and under water	I can explore ways of swimming on and below the surface (breathing properly)	I can swim confidently and fluently on the surface and under water	I can breathe so that the pattern of my swimming is not interrupted	I can swim fluently and confidently for over 90 seconds in my preferred stroke
I can sometimes swim up to 5 metres without any swimming aids	I can use one basic stroke to swim, making sure I can breathe properly	I can recognise how swimming affects my body	I know the benefits of swimming and its impact on my health and fitness.	I know how to improve my performance and I use appropriate words to explain this.	I can perform a wide range of personal survival techniques confidently
				I know the benefits of swimming and its impact on my health and fitness.	I know the benefits of swimming and its impact on my health and fitness.