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SWIMMING

Swimming

Swimming is an important skill and can encourage a healthy and active lifestyle. All Local Authority schools must provide swimming instruction either in key stage 1 or key stage 2. The programme of study for PE sets out the expectation that pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water based situations

At Tilery Primary School, we typically start water confidence lessons in Year 4. This continues into Year 5. Those pupils who have not reached the 25m expectation will continue to swim in Year 6.

Results for pupils in Year 6 the end of 2024 – 2025

41%	could swim competently, confidently and proficiently over a distance of at least 25 metres
38%	could use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
38%	perform safe self-rescue in different water