

Twinkl Swim Swimming Progression Map Guidance

Physical Education Programmes of Study Aims

The national curriculum for physical education aims to ensure that all children:

- develop competence to excel in a broad range of physical activities;
- are physically active for sustained periods of time;
- engage in competitive sports and activities;
- lead healthy, active lives.

National Curriculum for England Requirements for Swimming

All schools must provide swimming instruction either in key stage 1 or key stage 2.

As outlined in the PE programmes of study, children 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.

Our Swimming Progression Map ensures that children in your school, regardless of current swimming ability and water confidence, can be taught with clear outcomes and progression towards achieving the skills required to meet the end of KS2 national curriculum swimming requirements.

- Progression has been outlined over levels instead of year groups so that the map can be utilised for any ability level. This ensures that children are taught at an appropriate level based on their swimming abilities and confidence as opposed to their age or school year group.
- The levels progress in ability as follows: Non-Swimmers, Beginner Swimmers, Improver Swimmers and Competent Swimmers (a level that meets the end of KS2 requirements).
- The map includes a breakdown of the skills to be met at each level, as well as useful vocabulary lists to support your teaching. There is clear progression throughout the levels, ensuring children consolidate and build on prior knowledge before moving on.

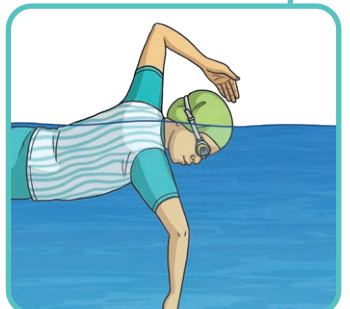


Twinkl Swim Statement of Intent

Twinkl Swim offers a coherently planned sequence of lessons to help teachers ensure that they have covered the requirements of the PE national curriculum for England. The Twinkl Swim scheme of work ensures that children have a comprehensive swimming curriculum that is mapped out in detail and provides the opportunity for progression, from non-swimmer level through to competent. At Twinkl Swim, it is our intention to develop a lifelong love of physical activity, sport and PE in all young people. We aim to help ensure a positive and healthy physical and mental outlook and help young people develop essential skills such as independence and perseverance.

Twinkl Swim Implementation

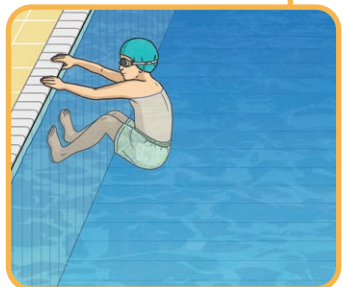
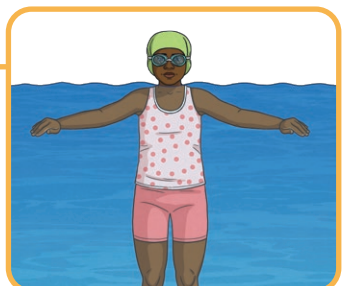
Our detailed lesson plans ensure that all teachers are equipped with the secure subject knowledge required to deliver innovative, high-quality teaching and learning opportunities for swimming. We provide technical glossaries, skills posters, inclusive support packs and adult guidance to support teachers in their subject knowledge, allowing them to share technical vocabulary and skills clearly, confidently and concisely. Our overarching aim is for teachers to have the knowledge and skills they need to feel confident in teaching swimming, regardless of their main areas of expertise. Lessons are planned alongside the comprehensive progression map to ensure that children are given the opportunity to practise existing skills and also build on these to develop new or more advanced skills. There is a structure to the lesson sequence whereby prior learning is always considered and opportunities for revision and practice are built into lessons. However, this is not to say that this structure should be followed rigidly: it allows for this revision to become part of good practice. It ultimately helps build depth to the children's knowledge, skills and understanding in swimming.



Twinkl Swim Impact

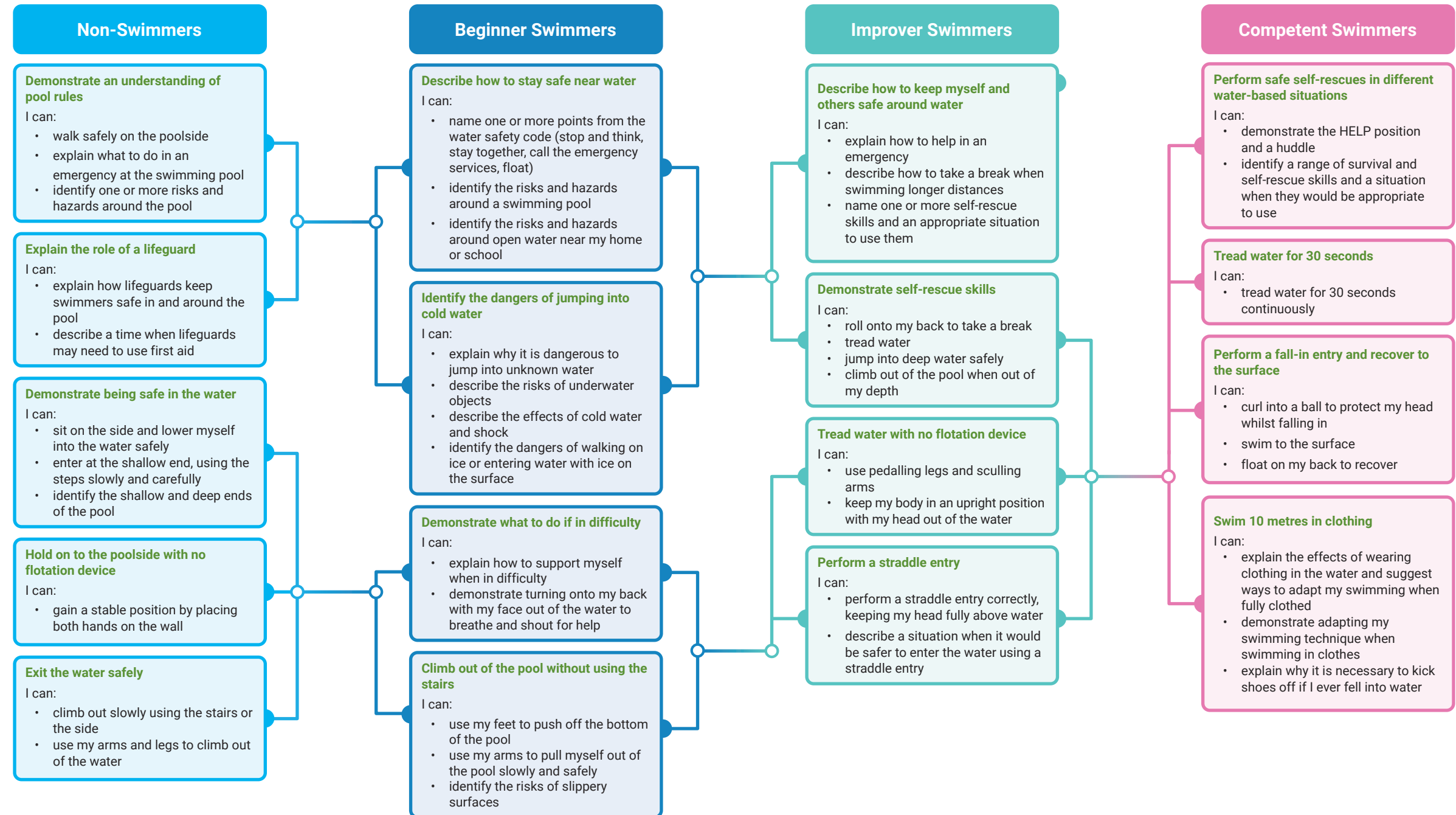
Each unit is mapped against the progression map to ensure that learners develop detailed knowledge and skills across the swimming curriculum through engaging content that is appropriate to the experiences and skills of each child. Each unit has been tailored to meet the needs of children at different levels of their swimming education, and lessons are often themed so that they are memorable and engaging. Attainment can be easily measured using our assessment sheets and trackers, allowing practitioners to easily observe progress and plan next steps. This high-quality and consistent approach to teaching swimming should significantly improve attainment in the sport.

Twinkl Swim not only includes resources focusing on stroke development and core aquatic skills but also provides a wide range of water safety resources for both classroom and pool-based lessons. These resources ensure that children are developing vital survival skills required by the national curriculum alongside exploring opportunities for other sports and potential career opportunities for later life.



Swimming Progression Map

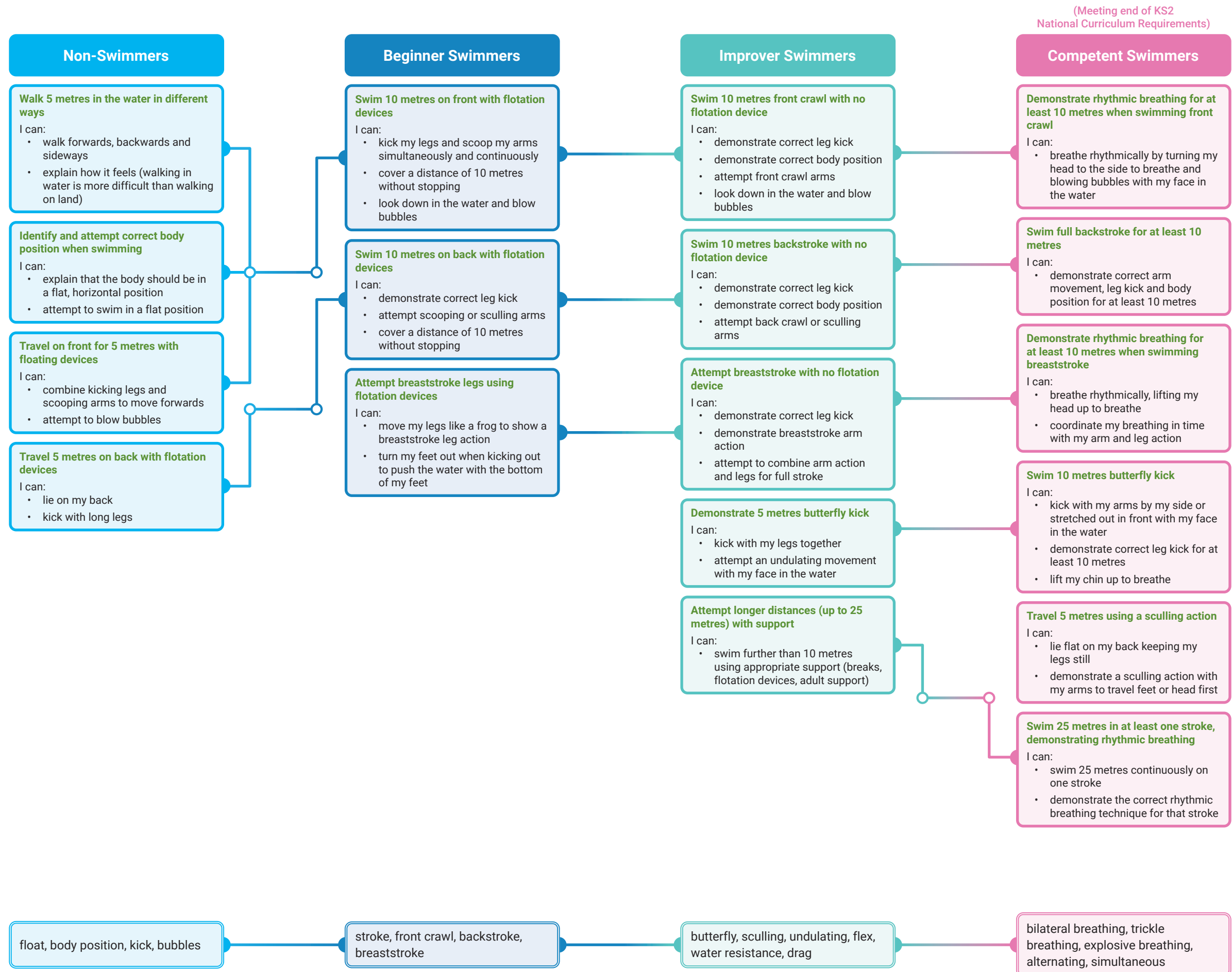
Water Safety



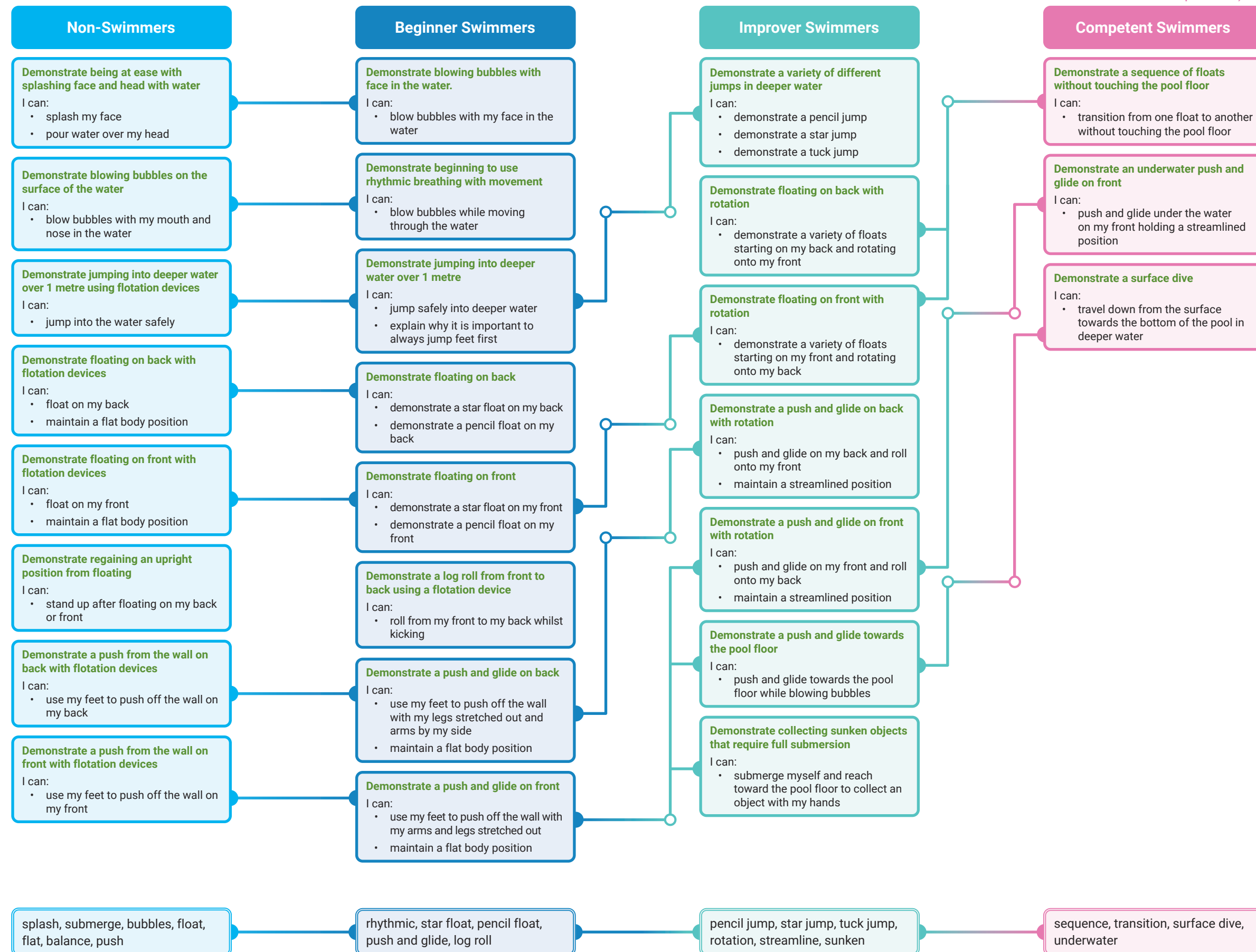
Vocabulary



Stroke Development



Core Aquatic Skills



(Meeting end of KS2 National Curriculum Requirements)