

Swimming/Water Safety Curriculum Overview



	Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
EYFS					SWIMMING PARC EGLOS POOL	
Key Stage 1						
Year 1			SWIMMING PARC EGLOS POOL			
Year 2			SWIMMING PARC EGLOS POOL			
Key Stage 2						
Year 3					SWIMMING HELSTON POOL - 12 SESSIONS	
Year 4	SWIMMING HELSTON POOL - 12 SESSIONS					
Year 5			SWIMMING HELSTON POOL - 11 SESSIONS			
Year 6					SAILING AND WATER SAFETY HELFORD SAILING CLUB	

Swimming and water safety

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

In particular, 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.