



	Year 6 Offer
Beginners	<p>Swim a short distance between 5 and 20 metres unaided using one consistent stroke.</p> <p>Propel themselves over longer distances using swimming aids.</p> <p>Move with more confidence in water including submerging themselves fully.</p> <p>Enter and exit the water independently.</p> <p>Float and regain to standing confidently.</p> <p>Apply basic arm and leg action to 'doggy paddle.'</p>
Intermediate	<p>Swim over greater distance of 10 and 20 metres with confidence in shallow water.</p> <p>Begin to use basic swimming techniques including correct arm and leg action.</p> <p>Attempt to use basic breathing patterns when swimming.</p> <p>Enter and exit the water in a variety of ways.</p> <p>Submerge, sink, roll and rotate underwater.</p>
Advanced (End of Key Stage 2 Standard)	<p>Control and fluency with a range of strokes (at least 2).</p> <p>Implement good breathing technique to allow for smooth stroke patterns.</p> <p>Have attempted personal survival techniques as an individual and a group with success.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p>