

## NATIONAL CURRICULUM SWIMMING /DATA AND PE SPORTS PREMIUM



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### ALL SCHOOLS MUST PROVIDE SWIMMING INSTRUCTION EITHER IN KEY STAGE 1 OR KEY STAGE 2.

- SWIM COMPETENTLY, CONFIDENTLY AND PROFICIENTLY OVER A DISTANCE OF AT LEAST 25 METRES
- USE A RANGE OF STROKES EFFECTIVELY
- PERFORM SAFE SELF-RESCUE IN DIFFERENT WATER-BASED SITUATIONS

### *SWIM COMPETENTLY, CONFIDENTLY AND PROFICIENTLY OVER A DISTANCE OF AT LEAST 25M*

- SWIMMERS SHOULD USE STROKES AND SWIM DEMONSTRATING SUFFICIENT SKILL AND KNOWLEDGE.
- SWIMMERS WILL NEED TO DEMONSTRATE THEIR ABILITY TO SWIM OVER SPECIFIC DISTANCES OR ACHIEVE CERTAIN OUTCOMES ON MORE THAN ONE OCCASION. IT IS NOT PERMISSIBLE FOR SWIMMERS TO ACHIEVE THE DISTANCE 'ONCE'

### *OVER A DISTANCE OF AT LEAST 25 METRES*

- AT NO TIME SHOULD THE SIDE OF THE POOL OR POOL FLOOR BE TOUCHED
- 'AT LEAST 25M' IS A MINIMUM – SWIMMING 30 METRES WOULD SHOW COMPETENCY.
- THE SWIM SHOULD INCLUDE PART OF THE SWIM IN DEEP WATER
- THE SWIM SHOULD BE CONTINUOUS AND COMPLETED WITHOUT UNDUE STRESS. THE STROKE OR STROKES SHOULD BE AS STRONG AT THE END AS AT THE START OF THE DISTANCE.
- STROKES SHOULD BE RECOGNISABLE (FRONT CRAWL, BACKSTROKE, BREASTSTROKE, BUTTERFLY)

### *USE A RANGE OF STROKES EFFECTIVELY*

- BUTTERFLY, BACKSTROKE, BREASTSTROKE, FRONT CRAWL
- A MINIMUM DISTANCE OF 1.5M CHANGING STROKES I.E. ALTERNATING BETWEEN FRONT AND BACK
- SWIMMING STROKES DO NOT NEED TO BE TECHNICALLY CORRECT, BUT NEED TO BE EFFECTIVE AND RECOGNISABLE.

## PERFORM SAFE SELF-RESCUE IN DIFFERENT WATER-BASED SITUATIONS

### SELF RESCUE

- TREADING WATER
- FLOATING CORRECTLY, AND FOR SUSTAINED PERIODS OF TIME
- HELP/HUDDLE POSITIONS
- SCULLING
- HEAD UP SWIMMING
- SWIMMING THROUGH 'RAPIDS', WAVES AND ROUGH WATER
- HOW TO USE BUOYANCY AIDS
- SWIMMING IN CLOTHES AND WITHOUT GOGGLES
- SWIMMING TO SAVE ONESELF- ADAPTING TECHNIQUE, CHANGING STROKE, RESTING AND SWIMMING

### DIFFERENT WATER- BASED SITUATIONS

- SHALLOW WATER
- DEEP WATER
- OUT OF REACH OF THE POOL SIDES
- ROUGH WATER
- SWIMMING IN CLOTHES
- GREAT EAST SWIM

### DATA

- THE LATEST RESEARCH WHICH HAS TAKEN PLACE IN [2018](#) NATIONALLY REVEALED:
- 72 PER CENT OF YEAR 6 PUPILS CAN SWIM AT LEAST 25 METRES UNAIDED.
- 56 PER CENT OF YEAR 6 PUPILS CAN USE A RANGE OF STROKES.
- 34 PER CENT OF YEAR 6 PUPILS CAN PERFORM SAFE SELF-RESCUE.

### DATA

- PRIMARY SCHOOLS ARE NOW REQUIRED TO PUBLISH THE PERCENTAGE ATTAINMENT OF THEIR YEAR 6 COHORT IN ALL 3 AREAS OF THE NATIONAL CURRICULUM I.E
- DISTANCE
- STROKES
- SELF RESCUE
- SUFFOLK NORSE AIM TO ACHIEVE AT LEAST 80% ON THE DISTANCE AND 60% ON ITS PERSONAL SAFETY AWARD (SELF RESCUE). AT THE END OF SUMMER 2018 THE RESULTS WERE **72%** 25M AND **58%** PSA

### PRIMARY PE AND SCHOOL SPORTS PREMIUM – IN RELATION TO SWIMMING

- SCHOOLS ARE NOW REQUIRED TO PUBLISH THEIR RESULTS FOR YEAR 6 SWIMMING
- SCHOOLS MUST BE PROVIDING SWIMMING LESSONS FROM THE SCHOOLS CORE BUDGET BEFORE THE PREMIUM FUNDING CAN BE USED
- ACCESS INFORMATION AND FORMS ON AFPE
- DETAILS OF HOW THIS FUNDING IS USED WILL ALSO NEED TO BE PUBLISHED

### 3 POSSIBLE USES OF FUNDING

- TOP UP SWIMMING LESSONS FOR THOSE IN YEAR 6 NOT ACHIEVING NC OUTCOMES
- ADDITIONAL INSTRUCTORS FOR THESE CHILDREN
- PROVIDE STAFF WITH TRAINING, MENTORING AND PROFESSIONAL DEVELOPMENT TO HELP THEM EFFECTIVELY TEACH SWIMMING AND WATER SAFETY

### **SUFFOLK NORSE SCHOOL SWIMMING**

- ORGANISERS OF POOL, INSTRUCTORS, TRANSPORT.
- LEVEL 2 SWIMMING INSTRUCTORS
- AWARD CERTIFICATES BASED ON NATIONAL CURRICULUM REQUIREMENTS
- LEARN TO SWIM, STROKE TECHNIQUE ; WATER SAFETY LESSONS; WATER POLO; DISTANCE SWIMS
- COLLECTION AND COLLATING OF DATA FROM INSTRUCTORS FOR YEARS 4, 5 & 6 WITH REGARD TO NC REQUIREMENTS AND THE PERCENTAGES ACHIEVED BY YEAR 6 FOR SCHOOLS TO PUBLISH
- NATIONAL CURRICULUM TRAINING PROGRAMME (SWIMMING) COURSES FOR SCHOOL STAFF
- SHALLOW WATER RESCUE COURSES FOR SCHOOL STAFF
- GREAT EAST SWIM
- SCHOOL SWIMATHON

ANY QUESTIONS ?