

	PE Swimming
Year 3	<p>Jump into the pool and submerge briefly</p> <p>Sink, push away from the wall and glide underwater for a short distance</p> <p>Submerge fully to pick up an object from the bottom</p> <p>Have a reasonable knowledge of the water safety code</p>
Year 4	<p>Perform a sequence of changing shapes whilst floating on the surface</p> <p>Swim approx. 10m using a range of different strokes (back/breast/front crawl)</p>
Year 5	<p>Perform a surface dive</p> <p>Swim over 10m using a range of strokes accurately</p> <p>Perform a range of jumps into deep water and tread water when resurfacing</p> <p>Perform a forward somersault tucked in the water</p>
Year 6	<p>Swim 10m wearing clothes</p> <p>Exit the water without using steps</p> <p>Swim 25m using any stroke</p> <p>Perform a range of movements in deep water demonstrating confidence and competence</p>