**Swimming – Skills Ladder**

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| **LA** | **MA** | **HA** |
| I can enter the pool correctly, walk across the pool blowing bubbles & splash my face | I can swim in my front & back using a float & one arm (swapping arms) | I can use all 3 strokes with control & breathe so that my pattern of my swimming is not interrupted |
| I can swim on my front & back – up to 10m, using a noodle | I can swim the front crawl & backstroke up to 10m & begin to swim using breaststroke legs | I can swim fluently & confidently for over 90 seconds & further than 100m |
| I can swim on my front & back – up to 10m, using 2 floats | I can swim between 25-50m, unaided, using 3 different strokes on the front or back | I can swim with everyday clothes on |
| I can swim on my front & back – up to 10 m, using 1 float | I can hold a star float on my front or back & perform the pencil jump confidently | I can perform the ‘Huddle’ confidently & tread water for 1 minute |
| I can keep swimming for 30-40 seconds, using swimming aids/support | I can swim confidently & fluently on the surface & under water, controlling my breathing | I can swim short distances using butterfly |
| I can take part in group problem solving activities on personal survival & recognize how my body reacts & feels when swimming | I can work well in groups to solve specific problems & challenges & recognize how swimming affects my body | I can perform a wide range of survival techniques confidently |