

BETTER SCHOOL SWIMMING

LEVELS & EXPECTED STANDARDS

ISSUE 2 — SEPTEMBER 2019



KS1	Purple
	Introduction to Swimming Lessons
Outcome 1	1.Swim aided for 5m using recognised arm & leg actions; competently, confidently & consistently
Distance Swimming	
Outcome 2	2.a. Move 5m Forwards, backwards & sideways
Stroke Development	2.b. Kick 5m on the Front (with buoyancy aids)
	2.c. Kick 5m on the back (with buoyancy aids)
Outcome 3	3. Enter the water safely and blow bubbles using the mouth & nose 3 times
Water Confidence & Safety	4. Float on front or back for 5 seconds, moving into a standing position (use of aids permitted)
	5. Take part in teacher led water confidence games
	6. Answer correctly 3 questions on pool rules
	7. Exit the water safely
Notes: Purple level is to be used primarily for KS1 classes but can also be used for KS2 pupils who have not achieved Red level.	

KS2 Core Levels	Red Water Safe	Amber Water Confident	Green Water Proofed	Blue Water Smart	
Outcome 1 Distance Swimming	1.1 Swim unaided for 5m using recognised arm & leg actions; competently, confidently & consistently	1.2 Swim unaided for 10m using recognised arm & leg movements; competently, confidently & consistently	1.3 Swim unaided for 25m using recognised arm & leg movements; competently, confidently & consistently	1.4 Swim unaided for 50m using recognised arm & leg movements; competently, confidently & consistently	
Outcome 2 Stroke Development	2.1 Swim for 5m on 3 of the following strokes (with buoyancy aids)	2.2 Swim for 5m on 3 of the following strokes (without buoyancy aids)	2.3 Swim for 10m on 3 of the following strokes (without buoyancy aids)	2.4 Swim for 25m on 3 of the following strokes (without buoyancy aids)	
	a. Front Paddle	a. Front paddle	a. Front Crawl	a. Front Crawl	
	b. Back Paddle	b. Back Paddle	b. Backstroke	b. Backstroke	
	c. Basic Breaststroke	c. Basic Breaststroke	c. Breaststroke	c. Breaststroke	
	d. Butterfly Leg Kick	d. Butterfly Leg Kick	d. Butterfly Leg Kick	d. Butterfly Leg Kick	
Outcome 3 Water Safety	3.1 Enter the water safely and submerge the face underwater	3.2 Jump in from poolside, submerge & rise to the surface (1m depth)	3.3 Jump in from poolside, submerge & rise to the surface (1.5m minimum depth)	All Water Safety outcomes in Blue level to be completed wearing clothes	3.4 Perform a straddle jump from poolside, keeping head out of the water (1.5m minimum depth)
	4.1 Float on front or back for 10 seconds, moving into a standing position (use of aids permitted)	4.2 Float on front or back without aids for 10 seconds, moving into a standing position	4.3 Float on front or back without aids for 20 seconds in deep water, then swim back to the wall		4.4 Float in the HELP position for 1 minute
	5.1 Tread water for 10 seconds using buoyancy aids in 1.2m depth	5.2 Tread water in deep water without using buoyancy aids for 15 seconds	5.3 Tread Water in deep water without using buoyancy aids for 30 seconds		5.4 Tread water in deep water without using buoyancy aids for 60 seconds
	6.1 Perform a basic shout & signal rescue from poolside	6.2 Perform a shout & signal rescue using buoyancy aids for 15 seconds	6.3 Perform a shout & signal rescue (unaided) for 30 seconds		6.4.Perform a reach rescue
	7.1 Exit the water safely without support	7.2 Exit the water safely without using steps (1m minimum depth)	7.3 Exit the water safely without using steps in deep water (1.2m minimum depth)		7.4 Swim 10m with clothes on and exit the water without support or steps

KS2 & KS3 Advanced	Bronze	Sliver	Gold
Outcome 1 Distance Swimming	1. Swim 200m using one recognised stroke	1. Swim 400m using one recognised stroke	1. Swim 800m using one recognised stroke
Outcome 2	2. Swim for 50m on all of the following strokes using correct technique	2. Swim for 100m on all of the following strokes using correct technique	2. Swim for 200m on all of the following strokes using correct technique
Stroke Development	a. Front Crawl	a. Front Crawl	a. Front Crawl
	b. Backstroke	b. Backstroke	b. Backstroke
	c. Breaststroke	c. Breaststroke	c. Breaststroke
	d. Side Stroke	d. Side Stroke	d. IM
Outcome 3	3. Throw rescue. Using a buoyant aid, complete a throwing rescue to a casualty 5m away from poolside	3. Help a casualty to climb out of shallow water using the stirrup lift	3. Enter shallow water and wade to a casualty in deeper water 8m away, then:
Rescue Skills	4. Rope throw rescue to a casualty 10m away in less than 60 seconds (coil, throw & rescue)	4. Rope rescue to a casualty 10m away in less than 45 seconds (coil, throw & rescue)	4. Rope rescue to a casualty 10m away in less than 30 seconds (coil, throw and rescue)
	5. Wade Rescue in shallow water. Wade to a casualty 5m away, provide buoyancy aid, support and encourage back to the wall. Support exiting the water and provide after care.	5. Contact Tow - Unconscious Casualty. In shallow water turn an unconscious casualty to a face-up position, tow the casualty and shouting for help. Support at the wall, checking for breathing	5. Demonstrate an extended arm tow in less than 2 minutes and 30 seconds: Swim head-up front crawl to a face-down unconscious casualty 20m away. Perform an extended arm tow for 20m using sidestroke returning to shallow water shouting for help

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KS2 & KS3 Advanced	Bronze	Sliver	Gold
Outcome 4 Survival Skills <i>All performed wearing clothes</i>	6. Perform a Straddle Jump (minimum depth 1.8m) and swim lifesaving front crawl for 50m	6. Perform a compact jump (minimum depth 1.8m) and swim 100m using lifesaving front crawl and backstroke	6. Perform a Racing Dive from a block
	7. Tread water for 2 minute using your arms to signal for help every 30 second	7. Tread water for 3 minutes, shouting and signalling for help every 30 seconds	7. Tread water for 5 minutes, shouting and signalling for help every 30 seconds
	8. Swim head-up lifesaving Backstroke for 50m, then use a buoyant aid hold the HELP position for 2 minutes	8. Swim 100m lifesaving Front Crawl, during which perform 2 feet first surface dives and 2 head first surface dives to recover an object from a depth of 1.5m.	8. Swim 200m lifesaving Front Crawl, during which perform 2 feet first surface dives and 2 head first surface dives to recover an object from a depth of 1.8m.
	9. Perform a feet first surface dive and swim underwater for 5m	9. Remove additional clothing whilst in the water	9. Tread water, remove additional clothing and create a buoyancy aid with clothing.

School Swimming Levels	Purple - Introduction to Swimming Lessons	
	Learning Objectives: <ul style="list-style-type: none"> - Ensure pupils understand how to be safe in and around water. - Build confidence for pupils to develop essential swimming skills - By the end of the level pupils will be confident to try more water safety skills 	
KS1 Swimming Outcomes	Assessment Outcome	Expected Standard
Outcome 1 Distance Swimming	1. Swim aided for 5m using recognised arm & leg actions; competently, confidently & consistently	Pupils may use any recognised arm and leg action to swim the 5 metres with buoyancy aids. This can be front paddle, back paddle, basic breaststroke or butterfly leg kick. Pupils must not touch the floor or side over the swim.
Outcome 2 Stroke Development	2.a. Move 5m Forwards, backwards & sideways	Pupils must show that they can move confident around the pool in different directions. This can be done using buoyancy aids.
	2.b. Kick 5m on the Front (with buoyancy aids)	Pupils must be able to kick continuously for 5m on the front with the assistance of buoyancy aids. Pupils must not touch the floor or side over the swim.
	2.c. Kick 5m on the back (with buoyancy aids)	Pupils must be able to kick continuously for 5m on the back with the assistance of buoyancy aids. Pupils must not touch the floor or side over the swim.
Outcome 3 Water Safety	3. Enter the water safely and blow bubbles using the mouth & nose 3 times	Pupils may use a swivel entry or use of steps. The entry must be done safely. Once pupils are safely in the water they must blow bubbles using the mouth and nose 3 times. The whole face does not have to be submerged under the water.
	4. Float on front or back for 5 seconds, moving into a standing position (use of aids permitted)	Pupils should float in the position they are most confident performing. Star, pencil, or tuck float are all acceptable. Teachers must ensure that pupils are given the opportunity to find out which way they float best. Buoyancy aids may be used. Support from the teacher is permitted.
	5. Take part in teacher led water confidence games	Teachers can use any game which involves developing water confidence. Pupils must be happy with water over the face and happy moving around the pool.
	6. Answer correctly 3 questions on pool rules	Teachers can use any 3 questions linking back to pool rules, specific for each site.
	7. Exit the water safely	Pupils may climb out over the side or use steps. Must be completed without support from the teacher.

School Swimming Levels	RED – Water Safe	
	Learning Objectives: <ul style="list-style-type: none"> - Ensure pupils understand how to be safe in and around water. - Build confidence for pupils to float, tread water and move using buoyancy aids - By the end of the level pupils will be confident to try more water safety skills 	
KS2 Swimming Outcomes	Assessment Outcome	Expected Standard
Outcome 1 Distance Swimming	1.1. Swim unaided for 5m using recognised arm & leg actions; competently, confidently & consistently	Pupils may use any recognised arm and leg action to swim the 5metres. This can be front paddle, back paddle, basic breaststroke or butterfly leg kick. The whole swim must be done unaided and without support. Pupils must not touch the floor or side over the swim. Pupils may turn over from front to back (or visa versa) during the swim, as long as the feet do not touch the floor. The point of the assessment outcome is to ensure pupils can get from A-B safely, not technique focused.
Outcome 2 Stroke Development	2.1. Swim for 5m on 3 of the following strokes (buoyancy aids permitted)	Pupils must show that they can swim using a recognised technique for 3 out of the 4 strokes. At this level pupils only need to show that they can do the basics for each and may use buoyancy aids. The full 5metres must be done without teacher support and must not touch the floor or side for the full 5metres.
	a. Front paddle	Body flat, head can be in or out of the water. Pupils should be able to blow bubbles. Legs kicking throughout. Arms stretching forward using a reach & pull action. We are not looking for Front Crawl arm action with over arm recovery.
	b. Back paddle	Body flat on back, head looking up. Legs kicking throughout. Arms to remain by the side. Pupils should either keep arms still or use hands to sculling side to side to aid the propulsion. We are not looking for Backstroke arm action.
	c. Basic breaststroke	Head may be out or in the water for the whole distance. Arms & legs moving in simultaneous actions. Both actions are not required to be completely technically correct. We are looking for recognisable actions.
	d. Butterfly leg kick	Undulation from the head, to hips, to toes. Head must be in the water. Pupils must preform on the front.

Outcome 3 Water Safety	3.1. Enter the water safely and submerge whole face underwater.	Pupils may use a swivel entry or use of steps. The entry must be done without support from the teacher. Once pupils are safely in the water they must submerge their face (eyes, mouth & nose) under the water and blow bubbles . Pupils may hold onto the wall to do this or standing. Pupils must do this whole outcome without support from the teacher. Where pupils are in deep water (1.2M+) the use of buoyancy aids is permitted.
	4.1. Float on front or back for 10 seconds, moving into a standing position (use of aids permitted)	Pupils should float in the position they are most confident performing. Star, pencil, or tuck float are all acceptable. Teachers must ensure that pupils are given the opportunity to find out which way they float best. Buoyancy aids may be used. Pupils must float without support from the teacher for the full 10 seconds with no parts of the body touching the pool floor or side. Teachers must count pupils to 10 seconds, after this they must regain a standing position without support. Outcome should be performed where pupils are able to regain a standing position.
	5.1 Tread water for 10 seconds using buoyancy aids in 1.2m depth	This outcome must be performed in a minimum of 1.2m depth. Pupils must be introduced to being in deep water with buoyancy aids. Treading water must be done using any type of leg kick (alternating or breaststroke) and arms to support the skills. Pupils must be vertical with their head out of the water, without touching the wall or floor for the whole 10 seconds.
	6.1. Perform a basic shout & signal rescue from poolside	Pupils have to identify what to do if they see or think a swimmer is in difficulty by shouting for help. This can be completed in standing depth water. Pupils to simulate what they would do if they needed to get help and who from.
	7.1. Exit the water safely without support	Pupils may climb out over the side or use steps. Must be completed without support from the teacher.
Assessment Standards	<ul style="list-style-type: none"> - Rule of 3. Pupils must show that they are competent & confident performing an outcome over 3 times to show that they can do the outcome consistently - All assessments must be done in a safe and controlled environment lead by the swimming teacher - Assessments must be continuous throughout the programme of lessons 	

School Swimming Levels	AMBER – Water Confident	
	Learning Objectives: <ul style="list-style-type: none"> - Ensure pupils understand how to be safe in and around deeper water (1.2 - 1.5metres) - Ensure pupils can float, tread water and swim without using buoyancy aids - By the end of the level pupils will be confident to try more water safety skills in deep water 	
KS2 Swimming Outcomes	Assessment Outcome	Expected Standard
Outcome 1 Distance Swimming	1.2. Swim unaided for 10m using recognised arm & leg movements; competently, confidently & consistently	Pupils may use any recognised arm and leg action to swim the 10metres. This can be front paddle/crawl, back paddle/stroke, breaststroke or butterfly leg kick. The whole swim must be done unaided and without support. Pupils must not touch the floor or side over the swim. Pupils may turn over from front to back (or visa versa) during the swim, as long as the feet do not touch the floor. The point of the assessment outcome is to ensure pupils can get from A-B safely, not technique focused.
Outcome 2 Stroke Development	2.2. Swim for 5m on 3 of the following strokes (without buoyancy aids)	Pupils must show that they can swim using a recognised technique for 3 out of the 4 strokes. At this level pupils need to show that they are able to create propulsion. The full 5metres must be done without buoyancy aids or teacher support and must not touch the floor or side for the full 5metres.
	a. Front paddle	Body flat, head can be in or out of the water. Pupils should be able to blow bubbles. Legs kicking throughout. Arms stretching forward using a reach & pull action or over arm recovery.
	b. Back paddle	Body flat on back, head looking up. Legs kicking throughout. Arms to remain by the side. Pupils should either keep arms still or use hands to sculling side to side to aid the propulsion or full backstroke arm action.
	c. Basic breaststroke	Head may be out or in the water for the whole distance. Arms & legs moving in simultaneous actions. Both actions are not required to be completely technically correct. We are looking for recognisable actions.
	d. Butterfly leg kick	Undulation from the head, to hips, to toes. Head must be in the water. Pupils must perform on the front.

Outcome 3 Water Safety	3.2. Jump in from poolside, submerge & rise to the surface (1m minimum depth)	Pupils must jump forward into the pool without support from the teacher or wearing buoyancy aids. Upon entering the water, pupils must fully submerge under the water and rise to the surface and return to the wall. This must be done in a minimum depth of 1metre.
	4.2. Float on front or back without aids for 10 seconds, moving into a standing position.	Pupils should float in the position they are most confident performing. Star, pencil, or tuck float are all acceptable. Buoyancy aids cannot be used. Pupils must float without support from the teacher for the full 10 seconds with no parts of the body touching the pool floor or side. Teachers must count pupils to 10 seconds, after this they must regain a standing position without support. Outcome should be performed where pupils are able to regain a standing position.
	5.1. Tread water in deep water without using buoyancy aids for 10 seconds	This outcome must be performed in a suitable depth (1.2m-1.5m). Pupils must be introduced to being in deep water without buoyancy aids. Treading water must be done without buoyancy aids using any type of leg kick (alternating or breaststroke) and arms to support the skills. Pupils must be vertical with their head out of the water, without touching the wall for the whole 10 seconds. Perform with pupils close to the wall. Think carefully about safety of pupils.
	6.2. Perform a shout & signal rescue using buoyancy aids for 15 seconds	This outcome must be performed in a suitable depth (1.2m-1.5m). Pupils must tread water using aids and shout for help. Pupils must be heard clearly by the teacher and using one arm to wave for help. The whole skill must be done for 15 seconds.
	7.2. Exit the water safely without using steps (1m minimum depth)	Pupils must climb out over the side. Must be done without support from the teacher.
Assessment Standards	<ul style="list-style-type: none"> - Rule of 3. Pupils must show that they are competent & confident performing an outcome over 3 times to show that they can do the outcome consistently - All assessments must be done in a safe and controlled environment lead by the swimming teacher - Assessments must be continuous throughout the programme of lessons 	

School Swimming Levels	Green – Water Proofed	
	Learning Objectives: <ul style="list-style-type: none"> - Ensure pupils are confident swimming in deep water and are able to exit safely (1.5m-2m) - Ensure pupils can float, tread water and perform shout & signal rescues swim without using buoyancy aids - By the end of the level pupils will have met all 3 KS2 School Swimming Curriculum Outcomes 	
KS2 Swimming Outcomes	Assessment Outcome	Expected Standard
Outcome 1 Distance Swimming	1.3. Swim unaided for 25m using recognised arm & leg movements; competently, confidently & consistently	Pupils may use any recognised arm and leg action to swim the 25metres . This can be front paddle/crawl, back paddle/stroke, breaststroke or butterfly leg kick. The whole swim must be done unaided and without support. Pupils must not touch the floor or side over the swim. Pupils may turn over from front to back (or visa versa) during the swim, as long as the feet do not touch the floor. The point of the assessment outcome is to ensure pupils can get from A-B safely, not technique focused.
Outcome 2 Stroke Development	2.3. Swim for 10m on 3 of the following strokes	Pupils must show that they can swim using a recognised technique for 3 out of the 4 stokes. At this level pupils need to show that they are able to create propulsion. The full 10metres must be done without buoyancy aids or teacher support and must not touch the floor or side for the full 10metres.
	a. Front paddle/ Crawl	Body flat, head can be in or out of the water. Pupils should be able to blow bubbles. Legs kicking throughout. Arms stretching forward using a reach & pull action or over arm recovery.
	b. Backstroke	Body flat on back, head looking up. Legs kicking throughout. Arms to remain by the side. Pupils should either keep arms still or use hands to sculling side to side to aid the propulsion or full backstroke arm action.
	c. Breaststroke	Head may be out or in the water for the whole distance. Arms & legs moving in simultaneous actions. Both actions are not required to be completely technically correct. We are looking for recognisable actions.
	d. Butterfly leg kick	Undulation from the head, to hips, to toes. Head must be in the water. Pupils must perform on the front.

Outcome 3 Water Safety	3.3. Jump in from poolside, submerge & rise to the surface (1.5m minimum depth)	Pupils must jump forward into the pool without support from the teacher or wearing buoyancy aids. Upon entering the water, pupils must fully submerge under the water and rise to the surface and return to the wall. This must be done in a minimum depth of 1.5metres.
	4.3. Float on front or back without aids for 20 seconds in deep water, then swim back to the wall	Pupils should float in the position they are most confident performing. Star, pencil, or tuck float are all acceptable. Buoyancy aids cannot be used. Pupils must perform in a minimum depth of 1.2m or deeper taking into account the height of the pupils. Pupils may change floating position within the 30 seconds, as long as they do not touch the wall. Teachers must count pupils to 20 seconds, after this they must swim back to the wall without support. Teachers must think carefully about the number of pupils performing this outcome at the same time. Safety must come first. 2-4 pupils depending on confidence & depth of water.
	5.3. Tread water in deep water without using buoyancy aids for 30 seconds	This outcome must be performed in a suitable depth where pupils cannot stand up (1.2m-2m). Treading water must be done without buoyancy aids using any type of leg kick (alternating or breaststroke) and arms to support the skills. Pupils must be vertical with their head out of the water, without touching the wall for the whole 30 seconds. Perform with pupils close to the wall. Think carefully about safety of pupils.
	6.3. Perform a shout & signal rescue (unaided) for 30 seconds	This outcome must be performed in a suitable depth where pupils cannot stand up (1.2m-2m). Pupils must tread water unaided and shout for help. Pupils must be heard clearly by the teacher and using one arm to wave for help. Pupils should be able to shout and wave on & off for the 30 seconds. We are not expecting pupils to shout & wave arms out of the water for continuously for 30 seconds. Perform with pupils close to the wall. Think carefully about safety of pupils.
	7.3. Exit the water safely without using steps in deep water (1.2m minimum depth)	Pupils must climb out over the side. Must be done without support from the teacher.
Assessment Standards	<ul style="list-style-type: none"> - Rule of 3. Pupils must show that they are competent & confident performing an outcome over 3 times to show that they can do the outcome consistently - All assessments must be done in a safe and controlled environment lead by the swimming teacher - Assessments must be continuous throughout the programme of lessons 	

School Swimming Levels	Blue – Water Smart	
	Learning Objectives: <ul style="list-style-type: none"> - Further develop pupils water safety skills in deep water (1.5m-2m) - Develop pupils stroke techniques inline with FINA guidelines - By the end of the level pupils will exceeded all 3 KS2 School Swimming Curriculum Outcomes 	
KS2 Swimming Outcomes	Assessment Outcome	Expected Standard
Outcome 1 Distance Swimming	1.4. Swim unaided for 50m using recognised arm & leg movements; competently, confidently & consistently	Pupils may use any recognised arm and leg action to swim the 50metres. This can be front crawl, backstroke or breaststroke. The whole swim must be done unaided and without support. Pupils must not touch the floor. When turning from pupils can only spend a maximum of 5 seconds at the all before they continue. Pupils may turn over from front to back (or visa versa) during the swim, as long as the feet do not touch the floor. The point of the assessment outcome is to ensure pupils can get from A-B safely, not technique focused.
Outcome 2 Stroke Development	2.4. Swim for 25m on 3 of the following strokes	Pupils must show that they can swim using a correct technique for 3 out of the 4 stokes. At this level pupils need to show that they are able to competent at the techniques. The full 25metres must be done without buoyancy aids or teacher support and must not touch the floor or side for the full distance.
	a. Front Crawl	Full strokes must be performed to the same level that we expect in Stage 7in BETTER Swim School. Correct body position, leg action, arm action, breathing pattern and timing. This does not apply for Butterfly as we are only looking at leg kick.
	b. Backstroke	
	c. Breaststroke	
	d. Butterfly leg kick	
Outcome 3 Water Safety All Water Safety outcomes in Blue level to be completed wearing clothes	3.4. Perform a straddle jump from poolside, keeping head out of the water (1.5m minimum depth)	Pupils must perform a straddle jump from poolside with body in a 'T' shape with both arms extended. Pupils must step into the pool with one leg. As they enter the water, arms push down and legs spread out wide keeping the head above the water. Pupils must not submerge under the water. This must be done in a minimum depth of 1.5metres.
	4.4. Float in the HELP position for 1 minute in deep water	Pupils must float in the HELP positon (Heat Escape Lessening Position) for 3 minutes using one buoyancy aid. This may be a noodle, large plastic bottle or life jacket. The purpose of the outcome is to simulate being trapped in open cold water and how to preserve heat. The pupils must draw their knees up to the chest, keeping the head out of the water. Legs stay together and arms by the side in a position that is comfortable for the pupils.

Outcome 3 Water Safety (continued) All Water Safety outcomes in Blue level to be completed wearing clothes	5.4. Tread Water in deep water without using buoyancy aids for 60 seconds	This outcome must be performed in a suitable depth where pupils cannot stand up (1.5m - 2m). Treading water must be done without buoyancy aids using any type of leg kick (alternating or breaststroke) and arms to support the skills. Pupils must be vertical with their head out of the water, without touching the wall for the whole 60 seconds. Perform with pupils close to the wall. Think carefully about safety of pupils.
	6.4. Perform a reach rescue	Pupils to simulate performing a reach & rescue from poolside. One pupil to be in the water to act as the 'casualty' and one pupil to use either a noodle, reach pole or throw bag to help bring the 'casualty' back safely to the wall. Teachers to re-enforce when this is suitable to do in real life and when not to do this.
	7.4. Swim 10m with clothes on and exit the water without support or steps	Pupils must jump in, swim 10 metres with clothes on and climb out without using steps or support. Clothes must be t-shirts and long pants.
Assessment Standards	<ul style="list-style-type: none"> - Rule of 3. Pupils must show that they are competent & confident performing an outcome over 3 times to show that they can do the outcome consistently - All assessments must be done in a safe and controlled environment lead by the swimming teacher - Assessments must be continuous throughout the programme of lessons 	