

Key Skills

Knowledge, Skills and Understanding breakdown for Physical Education		
Swimming		
Low Attainers	Mid Attainers	High Attainers
<ul style="list-style-type: none"> <input type="checkbox"/> Can they swim between 25 and 50 metres unaided? <input type="checkbox"/> Can they keep swimming for 30 to 45 seconds, using swimming aids and support? <input type="checkbox"/> Can they use a variety of basic arm and leg actions when on their front and on their back? <input type="checkbox"/> Can they swim on the surface and lower themselves under water? <input type="checkbox"/> Can they take part in group problem-solving activities on personal survival? <input type="checkbox"/> Do they recognise how their body reacts and feels when swimming? <input type="checkbox"/> Can they recognise and concentrate on what they need to improve? 	<ul style="list-style-type: none"> <input type="checkbox"/> Can they swim between 50 and 100 metres and keep swimming for 45 to 90 seconds? <input type="checkbox"/> Do they use 3 different strokes, swimming on their front and back? <input type="checkbox"/> Can they control their breathing? <input type="checkbox"/> Can they swim confidently and fluently on the surface and under water? <input type="checkbox"/> Do they work well in groups to solve specific problems and challenges, sharing out the work fairly? <input type="checkbox"/> Do they recognise how swimming affects their body, and pace their efforts to meet different challenges? <input type="checkbox"/> Can they suggest activities and practices to help improve their own performance? 	<ul style="list-style-type: none"> <input type="checkbox"/> Can they swim further than 100 metres? <input type="checkbox"/> Can they swim fluently and confidently for over 90 seconds? <input type="checkbox"/> Do they use all 3 strokes with control? <input type="checkbox"/> Can they swim short distances using butterfly? <input type="checkbox"/> Do they breathe so that the pattern of their swimming is not interrupted? <input type="checkbox"/> Can they perform a wide range of personal survival techniques confidently? <input type="checkbox"/> Do they know what the different tasks demand of their body, and pace their efforts well to meet challenges? <input type="checkbox"/> Can they describe good swimming technique and show and explain it to others?