Swimming and Net Games Progression of skills

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|  | Swimming | Tennis/ Badminton |
| Y3 | * Sink and pick up a ring from the bottom of the pool * Star float for 5 seconds * Swim 5 metres unaided * Push and glide from the wall on the front maintaining a streamline position with face in the water * Push and glide from the wall on the back maintaining a streamline position with arms by the side * Perform both a pencil and star jump entering feet first and showing control in flight and landing * Scull head first for a distance of 5 m * Mushroom float for 3 seconds extending to glide for a further 3 seconds * Tread water using hands and feet for a minimum of 20 seconds * Push and glide rotating 180 degrees to log roll * Sink, push and glide, swim underwater through a submerged hoop | Tennis   * Introduction to tennis, outwitting an opponent * Creating space to win a point * Consolidate how to win a game * Introduce rackets * Introduce the forehand |
| Y4 | * Enter the water using a straddle entry * Surface dive head first from swimming * Surface dive feet first from treading water * Swim 10 metres propelling a ball without touching it with the hands * Swim 5 metres front crawl, rotate and continue for a further 5 metres on the back * Scull feet first for 5 metres | Tennis   * Developing the forehand * Creating space to win a point using a racket Introduce the backhand * Applying the forehand and backhand in game situations * Applying the forehand and backhand creating space to win a point |
| Y5 | * Push and glide into a forward somersault * Perform a handstand showing good control * Scull head first on the back for 10 metres, perform a back somersault and return to sculling feet first * Swim 5 metres into a piked surface dive and retrieve a brick from water of full reach depth and carry the brick a further 15 metres using inverted breaststroke * Tread water for 2 minutes * Climb out of the deep water unaided without using the steps. * Swim over 25 metres in water unaided * Use a variety of strokes * Water safety and rescue skills * Confidently use their arms and legs in the correct manner for their chosen stroke * Understand and explain how to perform safe self-rescue in different water-¬based situations * Choose which breathing technique they can use to allow them to complete the distance quickly | Badminton   * Introduction to badminton: Outwitting an opponent * Introduce the forehand and backhand * Applying the forehand and backhand: Creating space to win a point * Controlling the game from the serve |
| Y6 |  | Badminton   * Exploring different forehand /backhand shots * Applying different forehand/backhand shots to win a point * Consolidate outwitting an opponent * Doubles: Understanding and applying tactics to win a point |