

Progression in Skills – **Swimming and Water Safety and Outdoor and Adventurous.**

Key Concepts from National Curriculum:		Milestone 1	Milestone 2 (Years 3&4)	Milestone 3 (Years 5&6)
Swimming and water safety	<ul style="list-style-type: none"> - Swim competently, confidently and proficiently over a distance of at least 25m. - Use a range of strokes effectively (eg front crawl, backstroke and breaststroke). - Perform safe self-rescue in different water-based situations. 	N/A	<ul style="list-style-type: none"> - Swim unaided up to 25 metres. - Use one basic stroke, breathing correctly. - Control leg movements. - Coordinate leg and arm movements. - Swim at the surface and below the water. 	<ul style="list-style-type: none"> - Swim over 25m unaided. - Use breaststroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. - Swim fluently with controlled strokes. - Turn efficiently at the end of a length. - Perform a self safe rescue in a variety of situations.
Outdoor and Adventurous activities	<ul style="list-style-type: none"> - Take part in outdoor and adventurous activity challenges both individually and within a team. 	N/A	<ul style="list-style-type: none"> - Arrive properly equipped for outdoor and adventurous activity. - Understand the need to show accomplishment in managing risks. - Show an ability to both lead and form part of a team. - Support if required when the situation dictates. - Show resilience when plans do not work and initiative to try new ways of working. - Use maps, compasses and digital devices to orientate themselves. - Remain aware of changing conditions and change plans if necessary. 	<ul style="list-style-type: none"> - Select appropriate equipment for outdoor and adventurous activity. - Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. - Embrace both leadership and team roles and gain commitment and respect of a team. - Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. - Remain positive even in the most challenging circumstances, rallying others if need be. - Use a range of devices in order to orientate themselves. - Quickly assess changing conditions and adapt plans to ensure safety comes first.