

Swimming Competency 2024-25

Swimming is an essential part of the PE National Curriculum. By law, all children must be taught water safety and be able to swim 25 metres by the age of 11. At our school, Year 4 pupils receive lessons led by a team of qualified instructors at Place Leisure Centre, just a 20-minute walk from the school.

The children are taught the following:

- To swim competently, confidently and proficiently over a distance of at least 25 metres.
- To be able to use a range of strokes effectively - front crawl, backstroke and breaststroke.
- To perform safe self-rescue in different water-based situations.

We adhere to strict ratios in line with health and safety and lifeguards are on duty during all lessons.

National Curriculum Requirement	Percentage of Year 4 pupils
Swim competently, confidently and proficiently over a distance of at least 25 metres	63%
Use a range of strokes effectively	63%
Perform safe self-rescue in different water-based situations	44%

This information relates to Year 4 pupils in 2024-25, who participated in swimming lessons in Autumn 2024.