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
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| 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
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| 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
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| 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
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