

As outlined in the guidance for PE and Sport Premium for primary schools, from 2017-18 there is a new condition requiring schools to publish how many pupils within their Year 6 cohort are meeting the national curriculum requirement to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and perform safe self-rescue in different water-based situations.

At Westfields, children in Year 5 participate in a course of swimming lessons throughout the Spring Term. At the end of the course, children are assessed against the Hampshire Schools Swimming Tests. Details of which are outlined below.

**2019-2020 For the current Year 6 cohort of 104 pupils**

| Ability (distance)    | No of pupils | % of cohort |
|-----------------------|--------------|-------------|
| Non swimmer- beginner | 8            | 7.7         |
| Improver              | 14           | 13.5        |
| Swimmer 1             | 11           | 10.6        |
| Swimmer 2             | 43           | 41.3        |
| Swimmer 3             | 27           | 26          |
| Swimmer 5             | 1            | 0.9         |

## Hampshire Schools Swimming Tests

### Beginners – with floatation aids

1. Demonstrate a safe entry into the pool and a safe exit from the pool.
2. Blow bubbles into the water for 3 seconds.
3. From face down (prone), perform a push and glide and regain a standing position.
4. From a prone position, push, glide and then kick 2 metres to the side of the pool.
5. From a back glide (supine), regain a standing position.
6. Holding the rail or a partner, attempt a simultaneous leg kick (Breaststroke/Dolphin)
7. Understand and answer 2 questions on water safety in the home.

### Improver – without floatation aids unless stated

1. Enter shallow water safely, either from the side or steps or a jump.
2. Submerge with confidence and blow bubbles for 3 seconds.
3. Perform a push and glide and regain a standing position (prone and supine).
4. With a floatation aid, travel 5 metres using an alternating leg kick.
5. Using an alternation arm and leg action, travel 5 metres (prone or supine).
6. Travel 3 metres using a breaststroke leg action with a floatation aid.
7. Whilst standing, perform Breaststroke arm actions.
8. Understand and answer 4 questions on the water safety code.

### Swimmer I – without floatation aids unless stated

1. Enter the water safely
2. Submerge and sit on the bottom of the pool blowing bubbles for 5 seconds.
3. Travel 5 metres using basic Front crawl.
4. Travel 5 metres using basic Backstroke.
5. Travel 5 metres showing basic Dolphin leg action.
6. Travel 5 metres showing basic Breaststroke with then without a floatation aid.
7. Travel 5 metres showing basic Front crawl breathing using a floatation aid.
8. Perform the 'HELP' position with a floatation aid and hold it for 2 minutes.

### Swimmer II

1. Jump into deep water (water depth minimum 1.5m) and tread water for 30 seconds.
2. Perform a star float, prone or supine for 1 minute.
3. Swim 10 metres Front crawl.
4. Swim 10 metres Backstroke
5. Swim 10 metres Breaststroke
6. Swim 10 metres using Dolphin kick
7. Swim 25 metres of a basic recognised stroke. Swimmers own choice.
8. Perform a feet first sculling action for 5m followed by a head first scull for 5m.
9. Answer 4 questions on Swimming pool safety and 4 questions on the dangers of open water.
10. Perform a shout and signal rescue.

Swimmer II and above meet the requirements of Key Stage 2

### Swimmer III

1. Straddle jump into the water (water depth minimum 1.5m) and tread water for 1 minute.
2. Swim 25 metres Front crawl with an efficient stroke.
3. Swim 25 metres Backstroke with an efficient stroke.
4. Swim 25 metres Breaststroke with an efficient technique.
5. Swim 25 metres Butterfly with a basic technique.
6. Enter the water showing good height and control with 3 different jumps.
7. Scull 10 metres head first then return feet first.
8. Perform a 'Reach' and a 'Throw' rescue with a partner.

### Swimmer IV Advanced

1. Enter water at least 1.8m in depth by means of a plunge or racing dive
  2. Tread water for 2 minutes with 1 hand raised throughout. (Changed arms after every 30 seconds).
  3. Swim 50 metres Front crawl with the correct start, turn and finish.
  4. Swim 50 metres Backstroke with the correct start, turn and finish.
  5. Swim 50 metres Breaststroke with the correct start, turn and finish.
  6. Swim 25 metres Butterfly with the correct start and finish.
- All 4 strokes should comply with the ASA/FINA rules
7. Scull 15 metres head first then return feet first.
  8. Perform an effective 25 metre non-contact tow.

### Swimmer V Advanced

1. Swim 100 metres Front crawl.
  2. Swim 100 metres Backstroke.
  3. Swim 100 metres Breaststroke.
  4. Swim 50 metres Butterfly.
  5. Swim 4 x 25 metres individual Medley ( Fly, Back, Breast, Front crawl)
- All strokes must comply with the ASA/FINA rules  
Starts may be from the side or in the pool.

### Self Rescue and Rescue

1. Straddle entry into deep water (water depth minimum 1.5m) and swim 100 metres in less than 4 minutes.
2. Tread water for 3 minutes with little movement.
3. Perform the 'HELP' position for 3 minutes.
4. Swim continuously for 100 metres (25m head up on the front, 25m side stroke, 25m Lifesaving backstroke and 25m own choice).
5. Swim 12 metres, surface dive to retrieve a brick at 1.5m. Substitute for a live simulated casualty and tow for 12 metres.
6. On poolside, check for breathing by gently tilting the head back and listening for 10 seconds. On establishing that there is breathing; place the casualty in the recovery position.

Test 4 to be completed with swimmers dressed in pyjamas or trousers/skirt and shirt/blouse.

Swimmers MUST NOT lift their casualties out of the water.

This test can be completed at any stage between Swimmer IV and Swimmer V