



BISA Swimming - Progression of Skills



To educate the whole child, you need to provide a broad experience, both inside and outside of the classroom. From the Early Years to the Sixth Form, promoting physical activity and competitive aspirations is integral to BISA life. All students have timetabled swimming lessons every week from FS1 to KS3. Inter-house competitions celebrate the achievements of all, whilst a well-established East African inter-school sports circuit provides opportunities to compete at a more challenging level.

Level 1	Level 2	Level 3	Level 4	Level 5
By the end of Level 1, students should be able to:	By the end of Level 2, students should be able to:	By the end of Level 3, students should be able to:	By the end of Level 4, students should be able to:	By the end of Level 5, students should be able to:
<ul style="list-style-type: none"> Enter the water safely (There may be use of an assistant) Move forwards for a distance of 5m Move backwards for a distance fo 5 meters Move sideways for a distance of 5m Scoop the water and wash the face Be at ease with the water showered from overhead Move into a stretched floating position using aids, equipment or support Regain an upright position from on the back, with 	<ul style="list-style-type: none"> Jump in from poolside and submerge (min depth. 0.9m) Sink, push away from the wall on side, and maintain a streamlined position Push & glide on the front with arms extended and log roll onto the back Push & glide on the back with arms extended and log roll onto the front Travel on the front, tuck to rotate around the 	<ul style="list-style-type: none"> Perform a horizontal stationary scull on the back Perform a feet-first sculling action for 5m whilst horizontal on the back Perform a sculling sequence with a partner for 30-45 seconds to include a rotation Tread water for* 30 seconds Perform 3 different shaped jumps into deep water Swim 10m backstroke Swim 10m Frontcrawl face in the water 	<ul style="list-style-type: none"> Swim 50m backstroke Swim 50m front crawl Swim 50m breaststroke Swim 50m butterfly Perform a movement sequence of 1-minute duration, in a group of 3 or more, incorporating a number of the following skills:..... Perform a sitting dive Swim 50m continuously using one stroke Swim 200m, using a minimum of 3 different strokes* Tread water using eggbeater action for 30 seconds 	<ul style="list-style-type: none"> Complete a set lasting 800m (E.g. Either 16 x 50m; 8 x 100m; 4 x 200m) on a specific turn around time set by the coach (E.g. 1.30min for 50m's; 2.45min for 100m's; 6.00min for 200m's) Swim 800m continuously choosing one stroke Swim a continuous 100m IM using legal turns Perform a 15m underwater kick on the front in a streamlined position Perform a Backstroke start then Butterfly kick in a

<p>support</p> <ul style="list-style-type: none"> Regain an upright position from on the front with support Push & glide in a horizontal position to or from a wall Take part in a teacher-led partner orientated game Demonstrate an understanding of pool rules Exit the water safely <p>–</p> <ul style="list-style-type: none"> Jump in from poolside safely Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged Regain an upright position from the back without support Regain an upright position from the front without support Push from the wall and glide on back. Push from wall and glide on front Travel on back for 5m, aids or equipment may be used. Travel on the front for 5m, aids or equipment may be used. Perform a rotation from the front to the back to gain an upright position Perform a rotation from the back to the front to gain an upright position 	<p>horizontal axis to return on the back</p> <ul style="list-style-type: none"> Fully submerge to pick up an object* Answer correctly 3 questions on the Water Safety Code Travel 10m on the back Travel 10m on the front <p>–</p> <ul style="list-style-type: none"> Demonstrate an understanding of buoyancy* Perform a tuck float for 5 seconds Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface Push & glide from the wall to the pool floor Kick 10m backstroke (one item of equipment** optional) Kick 10m front crawl (one item of equipment** optional) Kick 10m butterfly on the front or on the back (one item of equipment** optional) Kick 10m breaststroke on the back (equipment** optional) Kick 10m breaststroke on the front (equipment** optional) 	<ul style="list-style-type: none"> Swim 10m breaststroke Swim 10m butterfly Perform a handstand** and hold for a minimum of 3 seconds Perform a forward somersault, tucked, in the water Demonstrate an action for getting help <p>–</p> <ul style="list-style-type: none"> Demonstrate an understanding of preparation for exercise Sink, push off on side from the wall, glide, kick and rotate into Backstroke Sink, push off on side from the wall, glide, kick and rotate into Front Crawl Swim 10m with clothes on* Swim Frontcrawl to include at least six rhythmical breaths Swim Breaststroke to include at least six rhythmical breaths Swim Butterfly to include at least three rhythmical breaths Swim 25m, choice of stroke is optional Perform a 'shout & signal' rescue Perform a surface dive** Exit the water without using steps 	<ul style="list-style-type: none"> Complete an obstacle course (using a minimum of 4 objects) with feet off the bottom throughout <p>–</p> <ul style="list-style-type: none"> Complete a set lasting 400m (e.g. 16x25m) on a specific turnaround time set by the coach (E.g. 1.00min for each 25m) Swim 400m continuously using one stroke Kick 25m Backstroke with/without* using a board - *swimmer's choice Kick 25m Breaststroke with/without* using a board - *swimmer's choice Kick 25m Butterfly with/ without* using a board - *swimmer's choice Kick 25m Front crawl with/ without* using a board - *swimmer's choice Perform a Backstroke turn from 10m into 15m out Perform a Breaststroke turn from 10m into 15m out Perform a Butterfly turn from 10m into 15m out Perform a Front Crawl turn from 10m into 15m out 	<p>streamlined position underwater until 10m from the start point (wall), transfer into a stroke, and complete the remainder of the 25m</p> <ul style="list-style-type: none"> Perform a Front crawl start then butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m Perform a Butterfly start then butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into a stroke, and complete the remainder of the 25m Perform a Breaststroke start, perform a 1 1/2 pull underwater, transfer into stroke and complete the remainder of the 25m <p>–</p> <ul style="list-style-type: none"> Complete a set lasting 1600m (either 16 x 100m; 8 x 200m; 4 x 400m) on a specific timed turn around set by the coach (e.g. 2.30min for 100's; 5.30min for 200m's; 12min for 400m's) Swim 1500m continuously choosing one stroke Perform a continuous 100m IM kick without using a kickboard Swim a continuous 200m IM using legal turns
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