

Swimming is the only sport to be included within the national curriculum physical education programme of study. All primary schools must provide swimming and water safety lessons in either Key stage 1 or 2.

Each pupil is required to be able to do the following:

- Swim competently, confidently and proficiently over a distance of **at least** 25 metres
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke
- Perform safe self-rescue in different water-based situations

2025-2026 For the current Year 6 cohort of 90 children (post catch up)

(swimming lessons and catch-up lessons took place during Year 5 & Year 6)

Ability	No of pupils	% of cohort
Swim competently, confidently and proficiently over a distance of at least 25 metres	74	82%
Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke	84	93%
Perform safe self-rescue in different water-based situations	90	100%