

Swimming/Water Safety Curriculum 2017/2018



Class	Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
SE					SWIMMING PARC EGLOS POOL	
EW			SWIMMING PARC EGLOS POOL			
BH	SWIMMING HELSTON POOL					
AS					SWIMMING HELSTON POOL	
AF/HC			SWIMMING HELSTON POOL		SAILING AND WATER SAFETY HELFORD SAILING CLUB	

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- 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.