



# School Swimming and the National Curriculum

## Swimming activities and water safety

Pupils should be taught to:

- A) Pace themselves in floating and swimming challenges related to speed, distance and personal survival.
- B) Swim unaided for a sustained period of time over a distance of at least 25m.**
- C) Use recognised arm and leg actions, lying on their front and back.
- D) Use a range of recognised strokes and personal survival skills.

