

Reception Swimming at Chestnuts



Goldfish level

Autumn 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Safety and rules around the pool and in the changing rooms	I am learning how to enter the pool safely and hold on to the bar	I am building confidence in the pool and can hold the bar and kick legs	I am learning to build confidence in the water and can blow bubbles rhythmically 3 times	I am learning to build confidence in the water and can blow bubbles rhythmically 3 times	I am building confidence in the water and can have water showered over my head	I am learning to use a float and use its buoyancy to lift my feet while not holding the bar

Spring 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Recap safety Recap blowing bubbles Recap using the float for support away from the bar	I am learning to walk across the pool with a float And practice blowing bubbles at the same time	I am learning to independently walk across the pool while blowing bubbles (No float)	I am learning to use front crawl arms while walking across the pool with a float under one arm	I am learning to use front crawl arms while walking across the pool with a float under one arm and blow bubbles	Assessment week + Fun swim play Catch with a beach ball	

Spring 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Recap safety I am learning to submerge whole head under water	I am learning to submerge whole head and blow out	I am learning to push and glide with a float	I am learning to push and glide with a float	I am learning push and glide with a leg action and float	I am learning push and glide with a leg action and float

Summer 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Recap safety Recap push and glide Recap bubbles with submerged head	I am learning to submerge head and collect a sinker while holding a friends hand	I am learning to submerge head and collect a sinker independently	I am learning to demonstrate a star float while holding the bar	I am learning to demonstrate a pencil float while holding the bar	Assessment for floats and fun swim Playing Sinker game

Summer 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Recap safety Recap floats and submerged head to collect sinkers	I am learning to push and glide with a float with leg and arm action	I am learning to push and glide with a float with leg and arm action	I am learning to push and glide with a float and travel 5m	I am learning to push and glide with a float and travel 5m	Assessment week and fun swim water volley