

### National Curriculum Coverage: PE and GAMES

[illegible]

improvement to achieve their personal best.												
Swim competently, confidently and proficiently over a distance of at least 25 metres	Year 4			Year 4				Year 5	Year 6		Year 5	Year 6
Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].	Year 4			Year 4		✓		Year 5	Year 6		Year 5	Year 6
Perform safe self-rescue in different water-based situations								Year 5	Year 6		Year 5	Year 6