

PE Swimming Evaluation Form

Commissioned by



Department
for Education

Created by



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Swimming is an essential part of our physical education curriculum, aimed at equipping students with vital life skills, improving physical fitness, and fostering confidence in water-based environments. This report outlines the current status of swimming proficiency among students in our school, based on three key areas of assessment.

1. Swim Competently, Confidently and Proficiently Over a Distance of at Least 25 Metres

Approximately 65% of students are able to swim a minimum of 25 metres unaided. This demonstrates a solid foundation in swimming ability across the school. These students exhibit:

- Good body control and breathing techniques
- Confidence in deep water
- Endurance and stamina to complete the distance without assistance

Efforts are ongoing to support the remaining 35% through targeted swimming lessons, additional practice sessions, and encouragement to build their confidence and technique.

2. Use a Range of Strokes Effectively -

Approximately 65% of students are able to swim proficiently; most students are able to demonstrate at least two strokes effectively. Continued instruction and stroke refinement are part of the curriculum to enhance technique and fluidity.

Students are taught a variety of strokes to ensure versatility and efficiency in the water. The most commonly practiced strokes include:

Front Crawl: Emphasizing speed and breathing rhythm

Backstroke: Focusing on coordination and body alignment

Breaststroke: Highlighting timing and glide efficiency

3. Perform Safe Self-Rescue in Different Water-Based Situations

Currently, only 10% of students have demonstrated the ability to perform safe self-rescue techniques. These include:

- Floating and treading water
- Recognizing hazards and responding appropriately
- Using clothing or objects for flotation