

Jersey Sport Swimming Development Criteria Matrix

Age related expectation	Nonstop distance swim	25m front crawl	25m backstroke	Swim in clothes	25m head up swim	1 minute treading water/ floating	Reorientation after falling in and climb out	Headfirst surface dive to recover object from bottom	Straddle Entry	Obstacle course – straddle, surface dive, swim hoop, over large float and climb out
Year 5 Emerging (with swim aids) – Below National Average	12m+ nonstop swim mix of strokes with swim aids out of depth.	Swim 3m – 7m on front out of depth with face in with swim aids.	Kick 3m – 7m on back with swim aids out of depth.	Swim 3m-7m in a t-shirt and shorts with swim aids out of depth.	Swim 3m – 7m doggy paddle out of depth with face out and with swim aids.	Float/tread water out of depth with swim aids.	Rotate from back to front and front to back with swim aids out of depth and exit water.	Fully submerge in standing depth water with help.	Jump into the water at deepest point of the pool with swim aids.	N/A
Year 5 Emerging (without swim aids) – Below National Average	12m+ nonstop swim mix of strokes without swim aids out of depth.	Swim 3m – 7m on front with face in out of depth unaided.	Kick 3m – 7m on back unaided out of depth.	Swim 3m-7m in a t-shirt and shorts without swim aids out of depth.	Swim 3m – 7m head up doggy paddle out of depth without swim aids.	Stay afloat, head above the water/on back for 10 seconds.	Rotate from back to front and front to back without swim aids out of depth and exit water.	Attempt a handstand in standing depth water.	Jump into the water at deepest point of the pool without swim aids.	N/A
Year 5 Developing – National Average	25+ nonstop swim – 1 or 2 strokes fair technique	Swim 12.5m - 25m front crawl showing a recognisable technique arm clearing water.	Swim 12.5m - 25m of recognisable backstroke.	Swim 12.5m+ in a long sleeved top and long pajama bottom.	Swim 12.5m head up doggy paddle out of depth without aids.	Tread water for more than 30 seconds with head above the water.	Climb onto a large float out of depth, fall off it, right themselves swim 2m to the side and climb out without steps.	Perform a headfirst surface dive at full reach depth and attempt to get to the bottom.	Do a straddle entry, attempting to keep head out of water.	Attempt a straddle entry, headfirst surface dive and attempt to touch bottom, climb over large float, swim through hoop and climb out at wall.

<p>Year 5 Secure – Above National Average</p>	<p>50m+ nonstop swim – 1 or 2 strokes good technique.</p>	<p>Swim 25m+ meters front crawl with no lifting of head to the front doesn't have to be bilateral.</p>	<p>Swim 25m+ Meters Backstroke with good technique.</p>	<p>Swim 25m in a long sleeved top and long pajama bottom.</p>	<p>Swim 25m meters head up doggy paddle out of depth without aids.</p>	<p>Tread water for 1 minute without travelling head in neutral.</p>	<p>Climb onto a large float out of depth, fall off, right themselves, swim 5m to the side and climb out without steps.</p>	<p>Perform a headfirst surface dive at full reach depth and retrieve an object.</p>	<p>Do a straddle entry and keep face out of the water (mostly).</p>	<p>Straddle entry, headfirst surface dive, retrieve item from bottom at full reach, climb over large float, swim through hoop and climb out at wall.</p>
<p>Year 5 Secure+ – Above National Average</p>	<p>100m+ nonstop swim – 1 or 2 strokes, good technique.</p>	<p>Swim 50m+ of front crawl with good technique.</p>	<p>Swim 50m+ of backstroke with good technique.</p>	<p>Swim 25m+ in a long sleeved top and long pajama bottom.</p>	<p>Swim 25m+ meters head up doggy paddle out of depth without aids</p>	<p>Tread water for more than a minute without travelling head in neutral.</p>	<p>Climb onto a large float out of depth, fall off, right themselves, swim 12m to the side and climb out without steps.</p>	<p>Perform a headfirst surface dive at full reach depth and retrieve an object and travel underwater.</p>	<p>Do a straddle entry and keep head completely out of the water.</p>	<p>Straddle entry, headfirst surface dive and retrieve item from bottom at full reach, travel underwater, climb over large float, swim through hoop and climb out at wall.</p>