



## ***International Swimming & Water Safety Standards (ISWSS) Teaching Support***

### ***ISWSS Assessment Standards - National Curriculum***

National Curriculum Key Stage 2 Learning Outcomes	National Curriculum Key Stage 2 Assessment Standards
1. Enter the water with a straddle entry wearing a shirt or blouse or skirt or shorts.	Keep head above the water
2. Swim on your front for 5 metres using any recognised stroke, change onto your back and swim for a further 5 metres without loss of forward progression, while wearing a shirt or blouse or skirt or shorts.	Breaststroke - simultaneous and circular arms and legs Front crawl - alternating and continuous, recovering over the water Back crawl - straight arms, alternating and continuous
3. Swim a further 5 metres on your front using a recognised stroke. During this perform a headfirst surface dive and touch the bottom of the pool with both hands, while wearing a shirt or blouse or skirt or shorts. <i>This exercise should be carried out in water with a minimum depth of 1.5 metres.</i>	Breaststroke - simultaneous and circular arms and legs Front crawl - alternating and continuous, recovering over the water Surface dive - head between extended arms, hands together, legs together, no kicking
4. Tread water for 1 minute, wearing a shirt or blouse or skirt or shorts.	Mouth clear of the water in a vertical position
5. Remove additional clothing while in the water, without touching the pool bottom or sides.	Safe removal without trapping head
6. Swim 25 metres breaststroke, front crawl or back crawl.	Breaststroke - simultaneous and circular arms and legs Front crawl - alternating and continuous, recovering over the water Back crawl - straight arms, alternating and continuous
7. Demonstrate a safe and effective, non-contact, reaching rescue on a subject positioned in deep water at least 2 metres from the poolside. Secure the subject in a safe position at the poolside.	Lay on poolside and reach out with aid using both hands, give clear instructions
8. Throw a buoyant aid to land within reach of a subject positioned in the water 3 metres from poolside. Instruct subject to hold aid and kick legs to reach side, then secure the subject in a safe position at the poolside.	Give clear appropriate instructions, throw an appropriate aid to land within an arms length of subject
9. Answer two water safety questions.	Successfully answer two simple questions relevant to the principles of the ROSPA Water Safety Code