

PRIOR LEARNING & LINKS TO OTHER SUBJECTS

It is helpful if children have:

- started to swim, with or without support and swimming aids
 - learned how to move confidently in and under water
 - used a variety of leg actions
 - used a variety of arm actions
 - learned how to behave safely in and around water
- PSHE – finding out why swimming is good for your health



Year 3 - PE Swimming



KEY VOCAB TAUGHT GENERALISED & SUBJECT SPECIFIC

front crawl back crawl
breaststroke
Dive - a headlong plunge into water
float be on or below a liquid surface and not sink to the bottom
Sculling
surface diving
pull
kick
lie flat
streamlined
Glide
Stamina

Tier 2

Analyse Maintain Transfer Analyse
 Distribute Allocate Assign

KEY SKILLS TAUGHT

Floating



Teaching Points

- Relax in the water.
- Try to point your belly button to the ceiling.
- Use arms to gently steady your body in the water.

Back Stroke



Teaching Points

- Arms enter the water little finger first.
- Pull arm back to 'pocket' underneath the water.
- Maintain a steady leg kick underneath the water.

Water Familiarisation



Teaching Points

- Relax in the water.
- Take a deep breath in.
- Place whole head under the water.
- Breathe out under water slowly.

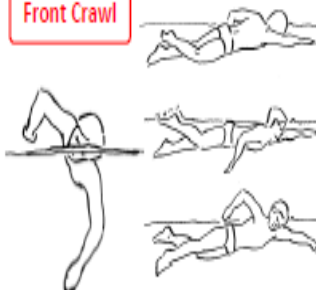
Treading Water



Teaching Points

- Relax in the water.
- Keep your body in an upright position.
- Kick consistently using small motions under the water.
- Use your arms to 'scull' in the water – This will help floating.

Front Crawl



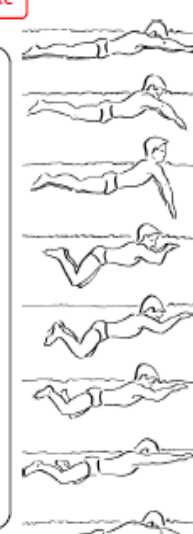
Teaching Points

- Arms enter the water and pull back to 'pocket'
- Legs kick just slightly underneath the water level.
- Breathe every 2-4 strokes.

Breast Stroke

Teaching Points

- Arms enter the water with hands together.
- Pull both arms at the same time towards your body.
- Bring legs towards body pressing your heels together.
- Maintain a steady rhythm



KEY KNOWLEDGE TAUGHT

Freestyle or front (this the fastest stroke, and the stroke you will most often see people on their stomach swimming. The arms alternate on the pull and come all the way out of the water. People who swim freestyle well do not lift their heads to get a breath, but only turn towards the side.

Breaststroke uses a pull with both arms at once, and the arms stay in the water.

Likewise both legs kick at the same time using a **frog kick**

Dog Paddle is a human swimming like a dog

Treading water, sometimes referred to as swimming in place, is not a stroke.

There are many kinds of diving. Dives are head-first (or rather, for safety the hands enter first) entries into water