

## GAMES | SWIMMING & WATER SAFETY

**Learning Objectives:**  
 All schools must provide swimming instruction either in key stage 1 or key stage 2.. In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

**Theme:** Swimming & Water Safety

Core Knowledge	Inspiring Athletes	
<p>Swimming is an individual or team racing sport that requires the use of one's entire body to move through water. The sport takes place in pools or open water (e.g., in a sea or lake). Competitive swimming is one of the most popular Olympic sports, with varied distance events in butterfly, backstroke, breaststroke, freestyle, and individual medley. In addition to these individual events, four swimmers can take part in either a freestyle or medley relay. A medley relay consists of four swimmers who will each swim a different stroke, ordered as backstroke, breaststroke, butterfly and freestyle.</p>	<p><b>Rebecca Adlington OBE:</b>            Adlington is a British former competitive swimmer who specialised in freestyle events in international competition. She won two gold medals at the 2008 Summer Olympics in the 400-metre freestyle and 800-metre freestyle. Adlington was Britain's first Olympic swimming champion since 1988, and the first British swimmer to win two Olympic gold medals since 1908. She won bronze medals in both the women's 400-metre and 800-metre freestyle events in the 2012 Summer Olympics in London.</p>	

Vocabulary	Development Of Skills	Specific Skills
<p><b>Swim</b> - Move your body through water by using arms / legs</p> <p><b>Kick</b> - Move your legs up and down / rotate to propel your body through the water.</p> <p><b>Float</b> - To move on the water without being sunk / submerged</p> <p><b>Front Crawl</b> - Moving your arms over your head whilst also kicking your feet</p>	<p><b>Physical Me: (Skills)</b>            I can use a range of techniques.</p> <p><b>Creative Me: (Applying skills)</b>            I can keep and use rules given to me and suggest how rules could be changed to improve the game.            I can adapt rules in agreement with others and, later, make rules for their own games, which they explain and teach to others.</p> <p><b>Healthy Me: (Healthy lifestyles)</b></p>	<p>Children will be taught:</p> <p>Water safety rules</p> <p>Front crawl</p> <p>Breaststroke</p>

<p><b>Backstroke</b> - On your back, your arms lifted alternately out of the water in a backward circular motion and the legs extended and kicking.</p> <p><b>Breaststroke</b> - Your arms are pushed forwards and then swept back in a circular movement, while the legs are tucked in towards the body and then kicked out</p> <p><b>Noodle</b> - Useful when learning to swim, for floating, for rescue reaching, in various forms of water play, and for aquatic exercise</p> <p><b>Water Safety</b> - Children learn how to swim and be taught how to stay safe in and around water</p>	<p>I use the knowledge I am learning in PE to make up suitable warm-up activities for the games I am playing.</p> <p><b>Thinking Me: (Evaluation)</b></p> <p>I know and explain the skills that I am confident with.</p> <p>I can describe the help I need to improve.</p>	<p>Backstroke</p> <p>Butterfly</p> <p>How to breathe effectively when swimming</p> <p>To swim 25 metres</p>
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<b>Prior Knowledge</b>	<b>Safety</b>
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<p>N/A</p> <p><b>*Individual children will have had varying degrees of swimming experience outside school from those who have never been swimming to non swimmers to fun swimmers to competent swimmers who have had lessons. Children will be assessed in their first lesson</b></p>	<p>Wear swimming kit (no bikinis)</p> <p>Remove all jewellery Earrings should only be studs.</p> <p>Swimming hats to be worn</p> <p>Wear verucca socks as appropriate</p> <p>Wear goggles if needed</p> <p>Use correct techniques.</p> <p>Complete a warm-up and cool-down in each lesson.</p>
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<b>End Point Expectations</b>
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<p><b>Swimming</b></p> <p>Knowledge</p> <ul style="list-style-type: none"> <li>• Know how to stay safe in and around water.</li> <li>• Know how to perform front crawl, breaststroke, butterfly and backstroke.</li> <li>• Knows how to breath effectively when swimming.</li> </ul> <p>Skills</p> <ul style="list-style-type: none"> <li>• Swims competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>• Uses a range of strokes effectively, e.g. – front crawl, back crawl, backstroke and breaststroke.</li> <li>• Knows how to stay safe in water and can recall survival tactics.</li> </ul>
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**Swimming lessons will take place at St John's CE School N I I. This is a ten minute walk away for our children**

**In Year 4, children will participate in one term of weekly swimming lessons.**

**Children who have not met the required Learning Objectives will be provided with further swimming lessons in Year 5 and Year 6**