

St Anne's C of E Primary School Curriculum Plan

Subject: Swimming




Year: 4/5/6







Term: Spring / Summer

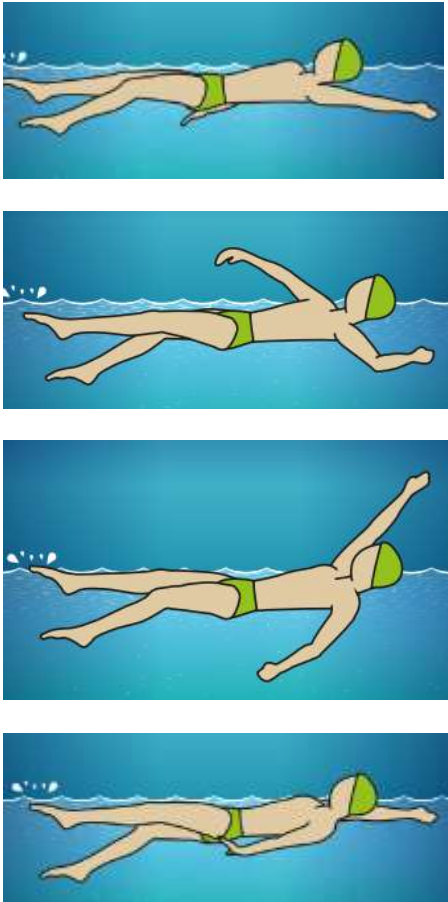


Unit: Swimming



Vocabulary	Knowledge	Understanding	Skills
	Children will know (that).....	Children will understand (that).....	Children will be able to.....
<p>Float – Rest or move on or near the surface of the water without sinking</p> <p>Submerge – to be under water</p> <p>Streamlined – a form that gives less resistance to the water</p> <p>Surface – on the top of the water</p> <p>Alternating – occurring in turn repeatedly one after another.</p> <p>Breathing – taking air into the lungs and pushing it out.</p>	<p>That they need to keep themselves and others safe around water. –</p> <ul style="list-style-type: none"> - STOP and THINK – Consider, temperature of the water, what might be in it, especially at the bottom. How deep it is. If there is a current or tide - Stay together (Stay with a grown up) - Float (If you fall in try to relax your body and float and control your breathing rather than moving about as this will make you tired and gasping for breath) - Call 999/112 or SHOUT for help 	<p>The main movements required for front crawl:</p>   	<p>Beginner stage:</p> <p>Move independently around the pool</p> <p>blow bubbles in the water</p> <p>submerge whole head</p> <p>Float with the use of aids</p> <p>Float without aids</p> <p>travel on front and/or back with aids</p> <p>To push and glide in the water</p> <p>travel on front or back without aids</p> <p>travel 10 metres on front and ` or back without aids</p> <p>Able to identify areas of good technique and areas of improvement</p>

<p>Controlled – managed, kept within certain boundaries</p> <p>Rotation – a circular movement</p> <p>Front crawl arms alternate from side to side, so while one arm is pulling and pushing under the water, the other arm is recovering above the water. The move can be separated into four parts: the downsweep, the insweep, the upsweep, and the recovery.</p> <p>Breast stroke extending the arms in front of the head while drawing the knees forward and outward and then sweeping the arms back with palms out while kicking backward and outward.</p> <p>Back Stroke a way of swimming in which you lie on your back and move one arm and then the other straight behind you so that they pass the sides of your head, while kicking with your legs</p>	<p>It is important to follow all safety rules and instructions when around water including the swimming pool.</p> <p>Items that can be used to help you float in the water.</p> <p>Techniques for staying safe if they were to fall into water, such as floating on their backs to control their breathing.</p> <p>That it is important to develop a good technique when swimming in the water rather than to focus on speed.</p> <p>When kicking, their feet should not produce excessive splashing</p>	  <p>The main movements required for breast stroke</p>    	<p>Intermediate Stage:</p> <p>Able to position body in a streamlined position in the water</p> <p>Able to combine different floating shapes</p> <p>Achieve one stroke with a good technique over at least 10 metres</p> <p>Swim using 2 different strokes and a good technique for both over at least 10 metres.</p> <p>Swim using 3 different strokes with good technique over at least 10 metres</p> <p>Swim 25 metres competently and proficiently using at least 1 stroke.</p> <p>To push and glide from the side of the pool into a stroke.</p> <p>Able to perform a sculling action</p> <p>Submerge to pick up an object from the bottom of the pool.</p> <p>Able to demonstrate a range of safe entry techniques.</p> <p>Able to identify areas of good technique and areas of improvement</p> <p>Advanced Stage:</p> <p>to tread water</p> <p>Swim 2 strokes with controlled and an effective technique</p>
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<p>Technique – way of carrying out a specific task</p> <p>Efficient – ability to produce the desired result without extra effort or waste</p> <p>Glide – a smooth continuous movement</p> <p>Depth – a measure of how deep something is.</p>		<p>The main movements required for back stroke:</p> 	<p>Swim 3 strokes with a controlled and efficient technique</p> <p>Swim at least 25 metres using front crawl, back stroke and breast stroke.</p> <p>Can demonstrate safe surface dives</p> <p>Able to identify areas of good technique and areas of improvement</p>
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