

Bomere and the XI Towns Federation Knowledge Organiser PE

Topic: Swimming

Class/Year Groups: Key stage 2

Term: Spring

What you already know?

What you will learn:

To fully submerge in water.

Different ways to pick up an object from the pool floor.

To enter the water safely and tread water for at least 30 seconds.

To practise floating techniques, especially on my back.

How to signal for help when in the water.

How to rotate in the water and return to an upright position.

To push & glide from the side and hold a streamlined position.

To swim on my front &/or back for 5m, 10m, then 15m unaided.

To practise and develop breaststroke, backstroke & front crawl techniques.

To swim 25m+ in varying depths of water, using a recognised stroke that is as strong at the end as at the start.

Vocabulary

Submerge – move the body under water so that it is completely covered by the water. **Tread water** – keep upright in deep water with head above the surface by moving feet with a walking movement and hands in a downward circular motion. **Push & Glide** – a smooth movement through the water without moving arms or legs. It begins with a push from the side of the pool. **Rotate** – turning the body in a circular movement in the water. **Streamlined** – making the body into a long, thin torpedo shape with arms stretched out straight, squeezed against swimmer's head, with one hand on top of the other. **Unaided** – a swimmer can swim without the need for using buoyancy aids such as a float, armbands or a woggle. **Compare** – think about differences and similarities between performances. **Improve** – Use judgements to make execution of skills or the performance in a game better. **Exercise** – activity using the body



National Curriculum Objectives:

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

