"Whatever you do, work at it with all your heart"

Colossians 3:23

Swimming

Year 4 – All year

Key Knowledge:

To know that:

- When doing front crawl, arms enter the water and pull back to the 'pocket'
- Backstroke - arms pull back to 'pocket' underneath the water
- Breaststroke - both arms pull together when in the water towards the body
- In front crawl, legs kick slightly under the water
- In backstroke, arms enter the water little finger first
- When swimming backstroke, I need to maintain a steady kick underneath the water throughout
- When swimming breaststroke, arms enter the water with fingers and hands together
- When swimming breaststroke, I need to bring legs towards the body pressing my heels together
- Breathing out of the water should take place every 2-4 strokes
- Wearing additional clothes in the water will make your body a lot heavier which will make it harder to swim

Key Vocabulary:

- Front crawl-swimmer faces downwards and moves their arms alternately
- Tread water-float in an upright position by moving their legs slightly
- Backstroke-performed on the back with the arms lifted alternately out of the water in a backward circular motion and the legs extended and kicking. Breaststroke-arms are pushed forwards and then swept back in a circular movement
- Feet first scullyling - Streamline position, on your back. Flat body and making small hand movements to project forwards
- Head first scullying - Streamline position, on your back. Flat body and figure of 8 movement to move head first.
- Treading water - To keep your body vertical while staying on the spot



