

PE Knowledge Organiser – Swimming

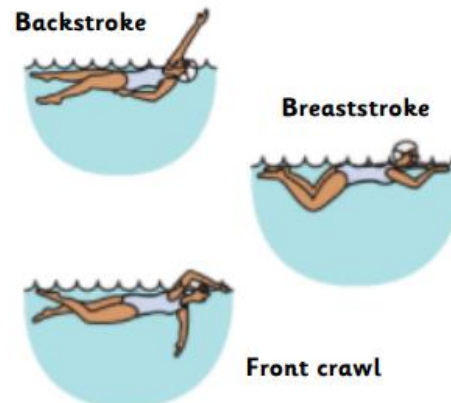
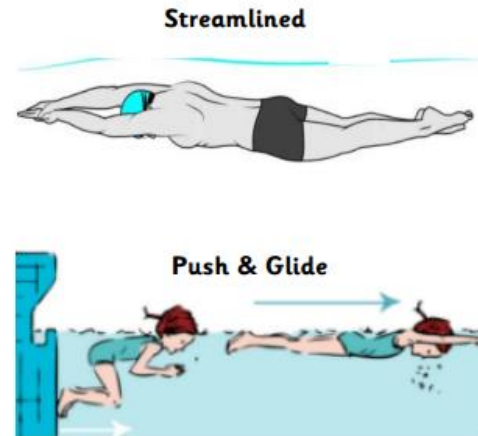
How can we develop our swimming skills and learn how to keep safe around water?

Key questions:

- What do you have to do to keep your body afloat?
- How should you enter the water in a safe way?
- What does it mean to glide?
- What would you do in an emergency around water?
- How do you swim breaststroke / front crawl / backstroke?
- What changes happen in your body when you exercise?
- How has your stroke improved since you started?

Key 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 that maintains or improves fitness.



Depending on my stage of learning, I will develop skills in the following areas:

- To enter the water safely.
- To practise floating techniques, especially on my back.
- How to rotate in the water and return to an upright position.
- How to signal for help when in the water. To fully submerge in water.
- Retrieving an object from the pool floor.
- To tread water.
- 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 choose which stroke to perform to be effective in the water.
- To watch & describe performances, to try to improve my own skills.
- To show determination and resilience when challenged with harder or new skills.