

Year 4 Swimming

Curriculum Link:

To swim competently confidently and proficiently over a distance of at least 25 metres using a range of strokes. Perform safe self rescue in water based situations

Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
Subject Name: PE Year Group: 4 Term: 2 (H1) Unit Name: Swimming	NA	<ul style="list-style-type: none"> Compete against self and others in a controlled manner in teams and individually in a range of competitive activities beginning to use evaluation to improve performance.
Big Ideas	Year 4 Learning	Health and Fitness & Preparation
To swim at least 25 metres confidently and competently, develop a range of strokes and develop water safety.	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively such as front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations. 	<ul style="list-style-type: none"> Know and understand the reasons for warming up and cooling down. Explain why exercise is good for your health and make some links to ways we can become healthier.

Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
goggles armbands lanes lifeguard front crawl back crawl breaststroke float scull streamlined water safety	Year 5 - swimming <ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively such as front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations. 	<ul style="list-style-type: none"> Watch or describe performances of themselves and others - linking that to what to keep the same for next time and what to improve for next time and offer some improvements to others. Watch and describe performances of themselves and others - link this to describing how their performance has improved over time and offer improvements to others.
Glossary		