

Year 5 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: 5 Term: 2 (H1) Unit Name: Swimming	Year 4 – 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"> Compete against self and others in teams and individually in a controlled manner in a range of competitive activities.
Big Ideas	Year 5 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"> Recognise and describe the effects of exercise on the body and begin to link this to why it is important to warm up and cool down. Explain why exercise is good for your health, including strength and flexibility.

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 6 catch up swimming if required. <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.
Glossary		