

## Year 3 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**

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Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: <b>PE</b>            Year Group: 3            Term: <b>2 (H1)</b>            Unit Name: <b>Swimming</b></p> <p><b>Spiritual Development</b>            Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. Do for other people the same things you want them to do for you.</p> <p>Matthew 7:12</p>		<ul style="list-style-type: none"> <li>Compete against self and others in teams and individually in a controlled manner in a range of competitive activities.</li> </ul>
Big Ideas	Year 3 Learning	Health and Fitness & Preparation

To swim at least 25 metres confidently and competently, develop a range of strokes and develop water safety.

- **Swim competently, confidently and proficiently over a distance of at least 25 metres**
- To develop an understanding of buoyancy and balance in the water.
- To develop independent movement and submersion.
- To develop gliding and crawl legs.
- To develop front crawl breathing.
- To develop gliding and backstroke.

- 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
<b>Vocabulary</b>	<b>Future Learning:</b>	<b>Evaluation and Communication</b>
goggles armbands lanes lifeguard front crawl back crawl breaststroke float scull streamlined water safety	<ul style="list-style-type: none"> <li>• To develop rotation, sculling and treading water.</li> <li>• To develop surface dives, submersion and handstands.</li> <li>• To develop head above water breaststroke technique.</li> <li>• To develop basic skills in water safety and floating.</li> <li>• To learn techniques for personal survival.</li> <li>• To develop water safety skills and an understanding of personal survival.</li> </ul> <p>In addition, Year 6 catch up swimming if required.</p>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>Glossary</b>		
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