

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

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Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: PE Year Group: 4 Term: 2 (H1) Unit Name: Swimming</p> <p>Spiritual Development 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.</p> <p>Matthew 7:12</p>	<p>Year 3</p> <ul style="list-style-type: none"> 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. 	<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
<p>To swim at least 25 metres confidently and competently, develop a range of strokes and develop water safety.</p>	<ul style="list-style-type: none"> To develop gliding, front crawl and backstroke. To develop rotation, sculling and treading water. To develop the front crawl stroke and breathing technique. To develop the technique for backstroke arms and legs. To develop breaststroke technique. 	<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	<ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres. • To develop breaststroke and breathing technique. • To develop basic skills of water safety and floating. • To develop the dolphin kick. • To learn techniques for personal survival. • To develop water safety skills and an understanding of personal survival. • To identify fastest strokes and personal bests. <p>In addition, Year 6 - swimming, if required.</p>	<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		
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