

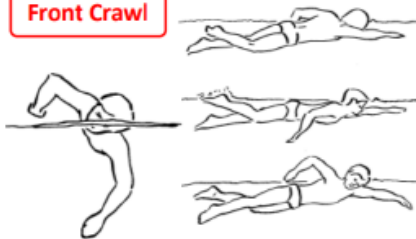
Year 4 Swimming Key Knowledge Organiser



SWIMMING

Key words		
paddle	water	dive
depth	surface	sink
float	stroke	pull
front crawl	back stroke	breast stroke

Front Crawl

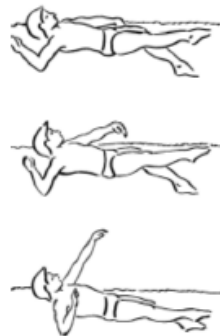


Teaching Points

- Arms enter the water and pull back to 'pocket'
- Legs kick just slightly underneath the water level.
- Breathe every 2-4 strokes.

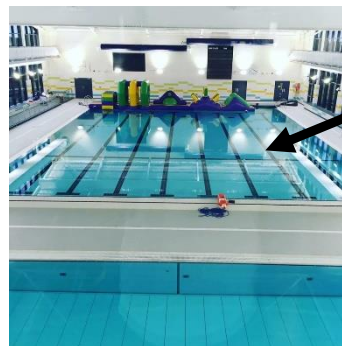


Back Stroke



Teaching Points

- Arms enter the water little finger first.
- Pull arm back to 'pocket' underneath the water.
- Maintain a steady leg kick underneath the water.



Aims:

- Perform safe self-rescue in different water based situations
- Swim competently, confidently and proficiently over a distance of **at least 25 metres**
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

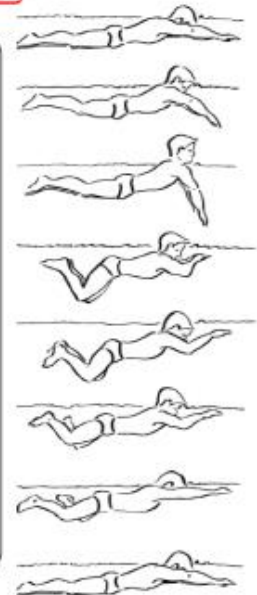


Swimming lessons take place at Oak Park Active Living Centre

Water Familiarisation



Breast Stroke



Teaching Points

- Arms enter the water with hands together.
- Pull both arms at the same time towards your body.
- Bring legs towards body pressing your heels together.
- Maintain a steady rhythm