



Key Knowledge and Skills:

Front crawl and backstroke:



Front crawl: Swim face-down and circle your arms forwards through the air and backwards through the water while doing the flutter kick.

Backstroke: Swim backwards with your face facing upwards to the ceiling.



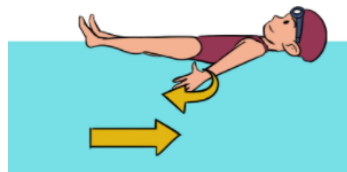
Floating, sculling and treading water:



Star float



Pencil float on front and back

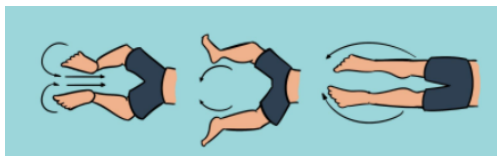


Sculling

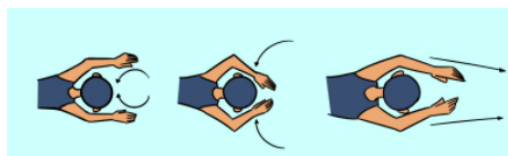


Treading water

Breaststroke:



Breaststroke legs



Breaststroke arms

Swim with your chest facing down and push your arms ahead under the water, then pull yourself forwards while doing the frog kick.

Key Vocabulary:

Vocabulary:	Definition:
Front crawl	Swimming on your front with overhead arm strokes one at a time.
Backstroke	Swimming on your back.
Breaststroke	A swimming stroke where you lie on your front and make circular movements with your arms and legs.
Sculling	Use quick side to side movements on your hands to keep your head above the water.
Surface dive	A dive from the surface of the water.
Floating	Where you are able to float on top of the water.
Treading water	To keep floating in an upright position with just the head above water by moving the legs and feet as though walking.
Gliding	Travelling through the water without any movement from the body (no kicking or paddling).
Rotation	Turning or spinning.
Noodle	A type of swimming float which is long, thin and made of foam.
Float	An aid to help you stay afloat in the water.

Develop swimming confidence and ability

- Enter the water safely.
- Move forwards for a distance.
- Move backwards for a distance.
- Float in the water.
- Enter the water safely by using steps, sliding in, jumping and diving.
- Glide and float.
- Tread water.
- Use a range of strokes to swim.
- Dive down into the water to collect objects.