

CAPTAIN WEBB PRIMARY SCHOOL

Swimming - National Curriculum coverage.

Key stage 2

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

3 Pillars of PE

Rules strategies and Tactics

Motor Competence

Healthy Participation

KS2

		Non swimmers	Intermediate	Confident	
Declarative knowledge	Strokes	<p><u>Doggy paddle</u> <u>Arm action</u> I know that I need to get my elbow above my wrist whilst performing the catch. I know that I need to get my shoulder above my elbow whilst performing the catch. I know that spreading my fingers slightly will maximise the surface area of my hand and will enable me to catch more water. I know that pulling the water underneath my body will help me swim in a straight line. <u>Leg action</u> I know that making my legs long and keeping my feet floppy will help me go faster whilst kicking.</p>	<p><u>Front stroke</u> <u>Arm action</u> I know that the thumb is first entry; hand is pitched at 35 to 45 degrees, and I need a long S-shaped arm action. I know that my hands push to the thigh, and I have a high elbow recovery over the water. <u>Breathing</u> I know that I turn my head to inhale my chin turns to the shoulder, I exhale in the water and my head rolls to the side to breathe in. <u>Leg action (front crawl and backstroke)</u> I know that I need to kick from the hip and have floppy ankles and pointed toes to help me with my backstroke leg action. I know that creating a small splash will help me move along the water faster. <u>Backstroke</u> <u>Arm action</u> I know that the little finger enters water first and the thumb comes out of water first. I know that the pitch of hand changes during arm action and I brush the ear with the arm. <u>Breaststroke</u> <u>Arm action</u> I know that arms don't start until legs are together and that I keep hands in front of shoulders. I know that I need to cut through the water and scoop the water to the side. <u>Leg action</u> I know that my heels need to start at my buttocks and then draw a circle with the heels. I know that I drive back with the heels and my feet whip together at end of kick. <u>Tread water</u> I know to keep my body vertical in the water and my head up above the surface. I know that I need to move my arms back and forth horizontally to keep my upper body afloat. At the same time, I need to move my legs around in a circular motion, keeping my feet stiff.</p>	<p><u>Butterfly stroke</u> <u>Arm action</u> I know that my hands lead the body into the water and my hands sweep down and out to form a Y shape in front of the body. I know that I turn and sweep my hands back in towards each other, keeping my elbows high. <u>Leg action</u> I know that the heels and soles of my feet should break the surface from underneath with my knees slightly bent on the upbeat. I know that my downbeat kick should occur as the arms enter and sweeps out. I know that I need to kick twice per arm cycle (once to propel your arms out of the water for recovery and once as the arms enter the water)</p>	
	Strokes	<p><u>Confidence</u> I can enter the pool safely by swivelling from the side of the pool and then lower myself into the water. I can confidently move away from the side of the pool and walk around the boundaries. <u>Leg action</u> I can use two floats to help me kick for 10 metres. I can use one float to help me kick for 10 metres. <u>Strokes</u> I can perform doggy paddle for 10 metres without buoyancy aids.</p>	<p><u>Confidence</u> I can enter the pool safely by jumping into the water. <u>Leg action</u> I can perform a continuous and alternating leg action for front crawl and backstroke. I can perform the correct leg action for breaststroke. <u>Strokes</u> I can perform breaststroke for 10 metres. I can perform back stroke for 10 metres. I can perform front crawl for 10 metres. I can use a range of strokes. I can perform my favourite stroke for at least 25 metres. <u>Lifesaving skills</u> I can tread water for 20 seconds.</p>	<p><u>Confidence</u> I can enter the pool safely by diving into the deep end. <u>Strokes</u> I can perform breaststroke for 20 metres. I can perform back stroke for 20 metres. I can perform front crawl for 20 metres. I can perform butterfly stroke for 20 metres. I can use a range of strokes effectively and can change from one stroke to another. I can perform my favourite stroke for longer than 25 metres. <u>Lifesaving skills</u> I can tread water for 30 seconds.</p>	
Procedural knowledge					
Vocabulary	Doggy paddle Catch Surface area Swivelling Confidently	Safely Float Arm action Leg action	Front stroke First entry Recovery Backstroke Breaststroke	Tread water Vertical Continuous Alternating lifesaving	Butterfly stroke Sweep Downbeat kick Propel diving