



Swimming and Water Safety

PE KS2



Key Vocabulary

- Breast stroke
- Backstroke
- Front crawl
- Dive
- Kick
- Freestyle

Physical wellbeing

I know how to stay safe in water.

I know the benefits of swimming as a form of exercise.

I know the large muscle groups within the body and some of the respiratory system.

Key knowledge and skills



I know how to swim competently and proficiently across a distance of 25 metres.

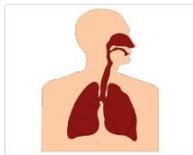
I know how to use a range of different strokes including breast stroke, backstroke and front crawl.

I know how to perform a safe self-rescue in different water-based situations.



Links to other subjects:

- Science (Year 5 Healthy living)
- Science (Year 4 Animals including humans)



Links to prior learning:

Build on previous swimming experiences in and out of school

Next steps:

Continue to enjoy swimming and practise the different strokes.

Head



- Understanding
- Analysis
- Feedback

Heart



- Effort
- Resilience
- Confidence

Hands



- Technique
- Physical ability