

### Key Vocabulary

Breast stroke  
Backstroke  
Front crawl  
Dive  
Kick  
Freestyle

# Swimming and Water Safety

PE KS2



### 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

