



St Mary's Horsforth – PE Knowledge Map

Year 3 & 4

Skills / Knowledge / Strategies to develop **Swimming**

What I am starting to learn in Y3.

- Develop basic pool safety skills and confidence in water.
- Start to travel in vertical or horizontal position and introduce floats.
- Start to push and glides, any kick action on front and back with or without support aids
- Understand how to enter and exit safely, travel further, float and submerge.
- Develop balance, link activities and travel further on whole stroke.
- Show breath control.
- Introduction to deeper water. Start to tread water as the basic safe self-rescue.

Overlapping skills between Y3 & Y4

- Continue developing the pool safety skills and confidence in water
- Develop travel in vertical or horizontal position and introduce floats
- Develop push and glides, any kick action on front and back with or without support aids.
- Develop entry and exit, travel further, float and submerge.
- Develop balance, link activities and travel further on whole stroke.
- Developed confidence to swim in deeper water. Tread water and have knowledge on how to safe self-rescue.

What will I be able to achieve at the end of the unit in Y4?

- Understand pool safety skills and be confident in water
- Develop travel in vertical or horizontal position, can this be done unaided.
- Develop push and glides, any kick action on front and back with or without support aids.
- Develop entry and exit, travel further, float and submerge.
- Develop balance, link activities and travel further on whole stroke.
- Show breath control.
- Confidently swim in deeper water. Tread water to be able to safe self-rescue.
- To be able to swim 25m unaided.

Skill set required:

- Listening & attention
- Safety knowledge
- Respect
- Agility
- Control
- Coordination
- Relax in the water
- Confidence
- Rhythm between arms and legs in the water
- Steady breathing
- Stay calm
- Water Familiarisation

Vocabulary:

Float Pressure
Sink / Float
Push / Pull
Paddle
Stroke: Breast /Back/ Front Crawl
Dive Depth
Surface
Strength
Breathing
Kick
Safety

Treading water:



Treading water:

Relax in the water.
 Keep your body in an upright position.
 Kick consistently using small motions under the water.
 Use your arms to 'scull' in the water – This will help floating.