



Swimming Year 4: Spring

Coverage:

- 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

Knowledge and Key vocabulary:

- Front Crawl
- Straight leg kick, bending at the ankles
- Fingers together, pull to the hips
- Back Crawl - tummy up, chin back
- Breaststroke - froggy legs
- Treading water
- Floating

Thrive Link

- I can follow instructions
- I persevere with tasks that I find hard
- I can try new activities, even when I am unsure
- I can work as part of a team

Physical Skills

- I can use a front crawl action to swim
- I can use a back crawl action to swim
- I can show ways to self rescue (treading water and floating)
- I can begin to use a breast stroke like action to swim



