



Swimming

Year 2: Summer 2

Coverage: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• Pool Safety Rules• Front Crawl• Straight leg kick, bending at the ankles• Fingers together, pull to the hips• Back Crawl - tummy up, chin back
Thrive Link <ul style="list-style-type: none">• I can follow one step instructions• I can show resilience when trying a new activity.• I can listen to adults from the community• I can show a never give up attitude	Physical Skills <ul style="list-style-type: none">• I can understand basic pool rules and follow them• I can walk in the water• I can enter the pool safely with assistance• I can exit the pool safely with assistance• I can float on my front and back with an aid or assistance• I can get my face wet without submerging• I can blow bubbles• I can regain feet from a floating position• I can kick on my front and back with an aid