



## Swimming Year 3: Summer

<b>Coverage:</b> <ul style="list-style-type: none"><li>• swim competently, confidently and proficiently over a distance of at least 25 metres</li><li>• use a range of strokes effectively</li><li>• perform safe self-rescue in different water-based situations</li></ul>	<b>Knowledge and Key vocabulary:</b> <ul style="list-style-type: none"><li>• Pool Safety Rules</li><li>• Front Crawl</li><li>• Straight leg kick, bending at the ankles</li><li>• Fingers together, pull to the hips</li><li>• Back Crawl - tummy up, chin back</li></ul>
<b>Thrive Link</b> <ul style="list-style-type: none"><li>• I can follow instructions</li><li>• I persevere with tasks that I find hard</li><li>• I can try new activities, even when I am unsure</li><li>• I can work as part of a team</li></ul>	<b>Physical Skills</b> <ul style="list-style-type: none"><li>• I can enter and exit the pool safely</li><li>• I can travel around the pool safely</li><li>• I can pick up objects from the bottom of the small pool</li><li>• I can swim underwater</li><li>• I can swim on my front with a float</li><li>• I can swim on my back with a float</li><li>• I can bob up and down repeatedly, submerging my body</li><li>• I can roll 180 degrees from front to back to regain feet</li></ul>