

PHYSICAL EDUCATION KNOWLEDGE ORGANISER

KS2 Swimming & Self-rescue skills / activities

I will learn...

HANDS

to fully submerge in water.
 different ways to pick up an object from the pool floor.
 to enter the water safely and tread water for at least 30 seconds.
 to practise floating techniques, especially on my back.
 how to signal for help when in the water.
 how to rotate in the water and return to an upright position.
 to push & glide from the side and hold a streamlined position.
 to swim on my front &/or back for 5m, 10m, then 15m unaided.
 to practise and develop breaststroke, backstroke & front crawl techniques.
 to swim 25m+ in varying depths of water, using a recognised stroke that is as strong at the end as at the start.

HEAD

how to remain safe in & around water.
 to talk about what to do in an emergency & how to act responsibly.
 to choose which stroke to perform to be effective in the water.
 to watch & describe performances, to try to improve my own skills.
 to remember how to perform and repeat a skill.
 to think about and discuss how a performance has improved over time.

HEART

to be safe at all times and follow instructions in & around the water.
 what I would have to do in an emergency around water.
 to work on my own.
 to compare my performance with others.
 why exercise is good for my health & how it affects my body.
 to show determination and resilience when challenged with harder or new skills.

Key questions: What do you have to do to keep your body afloat? How should you enter the water in a safe way? What does it mean to glide? What would you do in an emergency around water? How do you swim breaststroke / front crawl / backstroke? What changes happen in your body when you exercise? How has your stroke improved since you started?

Key vocabulary:

Submerge – move the body under water so that it is completely covered by the water.

Tread water – keep upright in deep water with head above the surface by moving feet with a walking movement and hands in a downward circular motion.

Push & Glide – a smooth movement through the water without moving arms or legs. It begins with a push from the side of the pool.

Rotate – turning the body in a circular movement in the water.

Streamlined – making the body into a long, thin torpedo shape with arms stretched out straight, squeezed against swimmer's head, with one hand on top of the other.

Unaided – a swimmer can swim without the need for using buoyancy aids such as a float, armbands or a woggle.

Compare – think about differences and similarities between performances.

Improve – Use judgements to make execution of skills or the performance in a game better.

Exercise – activity using the body that maintains or improves fitness.

Streamlined



Push & Glide



Tread water



Backstroke



Breaststroke



Front crawl