

Year 3 Term 5 & 6
PHYSICAL EDUCATION
Swimming



National Curriculum Links:

Swim competently, confidently and proficiently over a distance of at least 25 metres.
 Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
 Perform safe self-rescue in different water-based situations.

Essential Prior Learning:

Have confidence to try out new activities and show resilience to challenge.
 Show willingness to persevere to meet the challenge set.
 Have experience in moving their bodies and developing skills in a variety of physical education disciplines.

Progression in Skill:

Swim competently, confidently and proficiently over a distance of at least 25 metres.
 Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
 Perform safe self-rescue in different water-based situations.
 Be able to swim 25 metres using more than one stroke.
 Use more than one stroke.

Talk about and demonstrate how you keep yourself safe in water and some of the things you should do if you get into difficulties.

Long-term Memory Knowledge:

Swim confidently for at least 25 metres.
 Use different swimming strokes well.
 Know how to keep yourself safe in the water.
 Show what to do if you get into difficulty in the water.
 Swim 25 metres using more than one stroke.
 Use at least two different strokes when swimming.

Key Vocabulary

front crawl	a swimming stroke where you lie on your stomach in the water. Your arms move in a continuous, alternating motion, pulling the water. At the same time, your legs perform a flutter kick. This means they move up and down quickly and continuously.
breaststroke	a swimming stroke in which you make semi-circular motions with their arms and use a frog kick
butterfly	The butterfly stroke is a technique where you use both your arms and legs to create a dolphin-like motion through the water, resulting in a beautiful wave-like effect.
backstroke	uses alternating and opposite arm movements. As one arm pulls through the water from an overhead position to the hip, the other arm recovers above the water from the hip to the overhead position and vice versa.

water safety	being safe in and around water
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Progression in Resources:

Visiting Tonbridge Swimming Pool
 Using a variety of floatation devices

Relevance

Now	Children know how to be safe in and around water. Children are confident moving about in the water. Children enjoy swimming. Children can use a variety of strokes.
Future	Children understand the benefits of swimming as part of a healthy lifestyle. Children enjoy swimming on holidays. Children join a club and swim competitively.
Aspiration	Children aspire to represent the county or country in swimming competitions.