

Year 5 Terms 1 & 2
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.
Have confidence to get in the water and explore moving through it.
Be willing to get your face wet.

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.
Michael Phelps is the most successful and most decorated Olympian of all time with a total of 28 medals.

Long-term Memory Knowledge:

Be able to swim 25 metres.
Use a range of strokes, e.g. front crawl, backstroke, breaststroke.
Talk about and demonstrate how you keep yourself safe in water and some of the things you should do if you get into difficulties.
Know who Michael Phelps is and some of his achievements.

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

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. They have strategies they can use of they get into difficulties.
Aspiration	Children aspire to represent the county or country in swimming competitions; they may take on a coaching role – either professionally or in the community; they may volunteer or fund raise for the RNLI.