Year 5 Term 1 & 2

PHYSICAL EDUCATION - Swimming

What makes an achievement significant?



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. 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 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. Recognise Michael Phelps as a successful swimmer.

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, with family and friends and can do so safely: they are able to take part in other water sports as a result of their competence and confidence. As parents, they ensure their children are safe in the water.
Aspiration	Children aspire to represent the county or country in swimming competitions or other water sports; they may coach others to be safe and/or successful in the water; they may consider a career with the navy or other water-based occupations.