



Year 5

Swimming

Key vocabulary

Dive	A jump into the water with your arms and head going in first
Paddle	The action of navigating through the water using the hands and feet to move around shallow water.
Depth	The distance from the top down or front to back. For example six feet depth.
Stroke	A method of moving the arms and legs to push against the water and propel the swimmer forward
Float	To rest on the surface without sinking.
Front crawl	Swimming stroke - arms are moved alternately overhead alongside a flutter kick.
Back stroke	Swimming stroke - performed on the back with the arms lifted alternately out of the water in a backwards circular motion and the legs extended and kicking.
Breast Stroke	Swimming stroke - the arms are pushed forward and then swept back in a circular movement, while the legs are tucked towards the body and then kicked out in a corresponding movement.
Treading water	To maintain an upright position in deep water by moving the feet with a walking movement and the hands with a downward circular motion.

Teaching Points

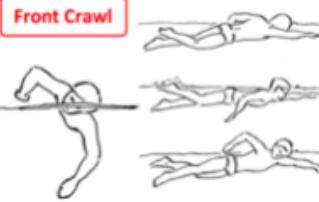
- Relax in the water.
- Try to point your belly button to the ceiling.
- Use arms to gently steady your body in the water.

Floating



Teaching Points

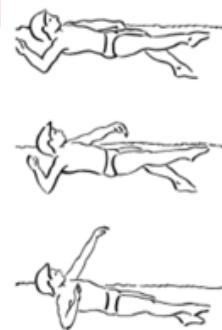
- Relax in the water.
- Keep your body in an upright position.
- Kick consistently using small motions under the water.
- Use your arms to 'scull' in the water – This will help floating.



Teaching Points

- Arms enter the water and pull back to 'pocket'
- Legs kick just slightly underneath the water level.
- Breathe every 2-4 strokes.

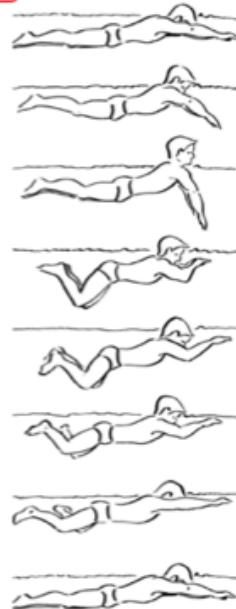
Back Stroke



Teaching Points

- Arms enter the water little finger first.
- Pull arm back to 'pocket' underneath the water.
- Maintain a steady leg kick underneath the water.

Breast Stroke



Teaching Points

- Arms enter the water with hands together.
- Pull both arms at the same time towards your body.
- Bring legs towards body pressing your heels together.
- Maintain a steady rhythm

Swim confidently using more than 1 stroke.



Can I do these things?

Swim at least 25metres confidently.



Perform safe self-rescue different water-based situations.



Treading Water

