



Year 4 Swimming

Key vocabulary

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

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.

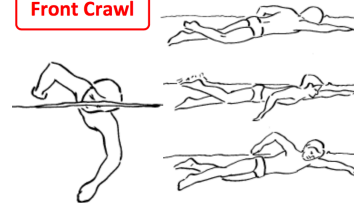
Floating



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.

Front Crawl



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 with increasing confidence.

Can I do these things?

Use 1 stroke to swim 25metres and begin to improve another.

Perform safe self-rescue in the water.

Treading Water

