

# Year 6 PE Knowledge Organiser

Term: Spring 1 & 2

## Swimming and water safety

**backstroke**

This 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. The legs perform a flutter kick, similar to the one used in the front crawl.

**breaststroke**

This is swum with the body facing down. The arms perform semicircular movements, and the legs perform a frog kick.

**floatation aids**

Different items used to help keep people afloat in the water, such as floats, noodles, arm-bands and life jackets.

**front crawl**

This is swum in a horizontal position with the body facing down. The body rolls from one side to the other, always turning to the side of the arm that is currently pulling in the water.

**sculling**

This is a swimming technique involving small, controlled movements with your hands and forearms to create movement and maintain balance in the water.

**self rescue**

Being able to stay afloat, use the survival stroke to cross water, and exit the water, whilst wearing clothing.

**strokes**

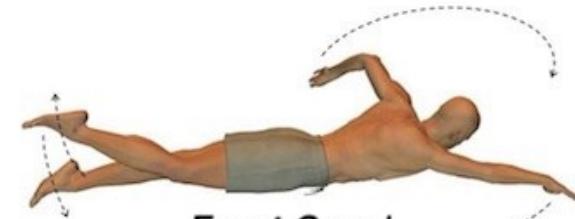
Different techniques used to propel you through the water.

**treading water**

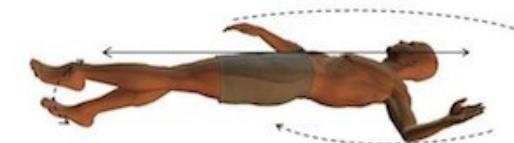
This is where legs and hands make small movements to keep a swimmer in a vertical position, keeping their head above the surface of the water, without much directional movement.

By the end of the term, all children should be able to:

- 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



**Front Crawl**



**Backstroke**



**Breaststroke**



Swimming kit will be required for Spring term's swimming lessons, which includes:

- A pair of trunks (or above-knee length shorts) for boys
- A full swim costume for girls
- A towel