

Year 4 Swimming

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through swimming. In addition, we evaluate and recognise our own successes.

Swimming: We will learn to swim competently, confidently and proficiently over a distance of at least 25 metres. Using a range of strokes effectively including, front crawl, backstroke and breaststroke.

Key Vocabulary			
Front crawl	Backstroke	Breaststroke	Float
Tread	Dive	Length	Breathe
Speed	Kick	Streamline	Freestyle



Question to develop learning.	Yes	Developing
Can I swim 10m on front and backstroke only?		
Can I swim 25m on front and backstroke only?		
Can I swim 10m-25m front, breast and backstroke?		
Can I tread water for 1-2 minutes?		
Can I perform a pencil and star jump into the water?		
Can collect a brick?		

