

Year 5 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
perseverance	aquatic environments	distance	water-based



Questions to develop learning	Yes	Working on
Can I swim at least 15-20 metres using a consistent stroke (front crawl, backstroke, or breaststroke)?		
Can I use a range of strokes (front crawl, back and breast)?		
Have I demonstrated improved stroke technique, including breathing, arm action, and leg kick?		
Do I understand water safety rules?		
Can I float and tread for a sustained period of time?		
Have I built confidence in aquatic environments?		
Have I developed stamina and coordination in the pool?		