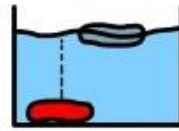


depth



diving



sinking



front crawl



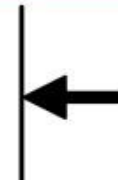
back crawl



self-rescue



# P E - Swimming - Year 4



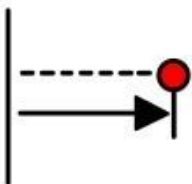
back paddle



stroke



treading  
water



length



life-guard



floating



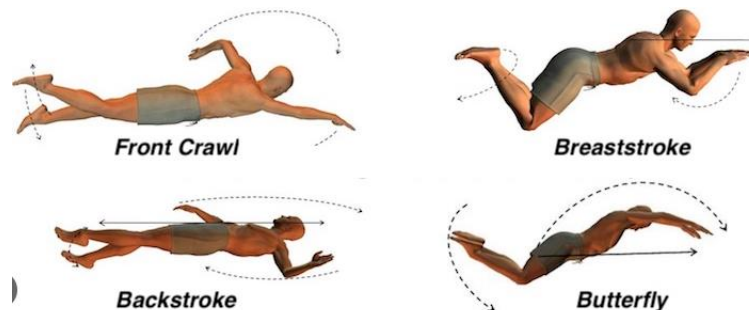

afloat



buoyancy

# Y4 PE – Swimming: Y4 Topic Vocabulary Mat

One class each half term

Subject Specific Vocabulary		Relevant Pictures and Information	Exciting Websites
front crawl	Swimming where the swimmer is face-down in the water and moves the arms in alternating overhead strokes.		<a href="https://www.swimming.org/learntoswim/">https://www.swimming.org/learntoswim/</a>
back crawl	Swimming in which a person floats in the water facing upward while kicking the legs and rotating the arms		<b>Pioneers and Role Models</b>
back paddle	Swimming backwards with the arms parallel to the rest of the body and level with the water.		 <p>Jessica-Jane Applegate MBE has been a world-class performer across the British Para-Swimming team for the past decade, winning medals at the the last year Paralympic Games - including Paralympic titles at London 2012 and Tokyo 2020.</p>
treading water	Maintaining an upright position in deep water by moving the feet with a walking movement.		
buoyancy	The ability to float in water .	<b>Key Areas of Progression</b>	
afloat	The ability to keep floating on water.	<ul style="list-style-type: none"><li>• <b>Distance swimming</b> – to gain confidence of swimming unaided, beginning at 5 metres and working towards 50 metres.</li><li>• <b>Stroke technique</b> – to learn front paddle, back paddle, basic breast stroke and butterfly kick.</li><li>• <b>Entry of water confidence</b> – to learn to enter the pool safely, moving on to jumping in.</li><li>• <b>Floating and rotation</b> – to learn to float for 15 seconds progressing to the HELP position.</li><li>• <b>Treading water</b> – to gain confidence and learn to tread water with bouncy aids for increasing lengths of time.</li><li>• <b>Water safety</b> – to perform a shout and rescue.</li><li>• <b>Exits</b> – to begin by exiting the water without support, progressing towards a 10m swim with clothes on.</li></ul>	
floating	Suspended in water (the opposite of sinking).	<b>Key Knowledge</b>	
life-guard	An expert swimmer employed to look after the safety of swimmers.	<ul style="list-style-type: none"><li>• Swimming skills and techniques can be used in real life situations.</li><li>• The four main techniques are front crawl, breast stroke, butterfly kick and back stroke.</li><li>• To tread water is to remain afloat whilst staying in the same position.</li><li>• Bouncy aids help you remain afloat whilst practising techniques.</li></ul>	
length	The distance of a pool/how far you swim.	<b>Skills I am Developing</b>	
stroke	The method of moving your arms and legs in water.	<ul style="list-style-type: none"><li>• To swim competently, confidently and proficiently over a distance of at least 25 metres.</li><li>• Use a range of strokes effectively including front crawl, back crawl and breast stroke.</li><li>• To perform self-rescue in different water based situations</li></ul>	
self-rescue	The process you go through if you are in trouble in water.	<ul style="list-style-type: none"><li>• Each individual may prefer different swimming styles and but all techniques have transferable skills.</li><li>• It is vital to control breathing patterns when swimming for longer periods of time.</li><li>• Calling help is the first action to be taken when you feel unsafe in the pool.</li></ul>	
depth	How far the pool goes down to the bottom.		