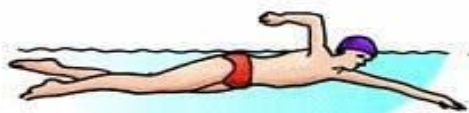


swimming strokes



the crawl



breaststroke



KS2 swimming



butterfly



backstroke

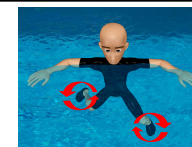
Key Vocabulary

Continuous



To keep on going without getting out of breath or stopping.

Tread



Using your arms and legs to keep your head above the water.

Unintentionally



By accident.

What I need to know:

Swimming

- I can complete a continuous swim of more than 25m without touching the side of the pool, the pool floor and without the use of swimming aids.
- I can complete part of the swim in deep water.
- I can make sure my stroke is as strong at the end of the swim as at the start.
- I can complete the swim confidently and without too much worry.
- I can perform recognisable strokes.
- I can use a range of strokes including front crawl, backstroke and breaststroke.
- I can make choices about the stroke I'm using to achieve different outcomes.

Water Safety

- I can swim safely in clothing.
- I can perform the huddle position.
- I can tread water confidently.
- I can perform the Heat Escape Lessening Position (HELP).
- I know the dangers of water and I understand how to act responsibly when playing in or near different water environments.
- I understand local water safety advice.
- I know how to use survival and self-rescue skills if I unintentionally fall in or get into difficulty in the water.
- I know what to do if others get into trouble.
- I know the steps to take when someone else gets into difficulty in the water (stay safe, shout, signal, throw, do not go into the water, raising the alarm 999).

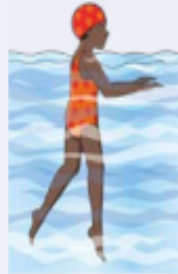
Examples of adapting strokes for different outcomes: front crawl



Use front crawl with face down and aquatic breathing to swim in a competitive race



Use front crawl with head up to play water polo



Use a front crawl-type leg kick in a vertical position to tread water

Examples of how an incident could occur:

Falling into water when playing on a footpath	Falling out of a boat
Swimming in clothes	Becoming tired
Sustaining an injury	Being out of one's depth
Hampered by weeds or underwater hazards	Rough water or tides

Examples of where an incident could occur:

Homes and gardens	Swimming pools
Beaches	Rivers
Canals	Reservoirs