

West Meadows Primary School - Theme Organiser



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| Theme: Swimming | Year: 4 | Subject: Physical Education |
| <p>What should I already know/be able to do?</p> <p>You might have swimming skills already or you may not have been swimming at all. At the start of Y4 swimming, you should as a minimum be able to enter and exit the water safely and confidently.</p> | <p>How will I use this learning in the future?</p> <p>Swimming skills may be needed to save yours and others lives! You will use swimming skills at Condoover in Year 6 as part of the Outdoor Adventurous Activity Programme. You can use swimming as a sport to achieve your P.E. GCSE or to play water polo or become a synchronised swimmer.</p> | <p>What vocabulary should I learn?</p> <p>arm pull pulling the water back with your hands and arms to enable travel through it</p> <p>depth how far down the water goes: far is deep and not far is shallow</p> <p>dive a way of entering the water hands and head first</p> <p>float managing to stay at the surface of the water without moving</p> <p>kick using your legs to give your body the force and speed to move through water</p> <p>pressure how forceful the water is, particularly in open water</p> <p>rhythmic breathing breathe out when underwater and in when above the surface</p> <p>scull a hand technique that allows you to move or stay at the surface of water</p> <p>stroke different methods of swimming</p> <p>surface the top of the water</p> <p>Other: Swim, unaided, stroke, movements, coordinated breathing, surface, freestyle, backstroke, front crawl, safety, distance</p> |
| <p>What should I be able to do at the end?</p> <ul style="list-style-type: none"> • Understands basic pool safety • Confident in water • Show breath control • Confidently and safely enter and exit water • Swim competently, confidently and proficiently over a distance of at least 25 m • Use a range of strokes effectively (e.g. front crawl, breaststroke and backstroke) • Float (e.g. on back, mushroom) and submerge • Tread water • Perform safe self-rescue in different water-based situations | | |

Nation Curriculum

- Perform safe self-rescue in different water-based situations
- 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.

Strokes:

You should aim to be able to swim these strokes for at least 25 metres. You might also learn butterfly.

Front Crawl

Teaching Points

- Arms enter the water and pull back to 'pocket'
- Legs kick just slightly underneath the water level.
- Breathe every 2-4 strokes.

Back Stroke

Teaching Points

- Arms enter the water little finger first.
- Pull arm back to 'pocket' underneath the water.
- Maintain a steady leg kick underneath the water.

Breast Stroke

Teaching Points

- Arms enter the water with hands together.
- Pull both arms at the same time towards your body.
- Bring legs towards body pressing your heels together.
- Maintain a steady rhythm

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THE WATER SAFETY CODE

The water safety code is a short, easy to remember guide to acting safely and responsibly around water.

Key safety messages:

Always swim in a safe place Always swim with an adult If you fall in: float, breathe, relax If someone else is in trouble call 999 or 112

Recognise the hazards

| Swimming pools | Sea and coastal areas | Inland water sites |
|-------------------|---------------------------------------|--------------------------------------|
| Slippery surfaces | Waves and tides | Speed of the water |
| Different depths | Sudden depth changes | Debris and pollution |
| Steps/hoists | Hidden hazards- rocks, stones, debris | Hidden hazards- weeds, rocks, debris |
| Trip hazards | Cold water | Dangerous banks |
| Other swimmers | Offshore winds | Canal locks, weirs |

Flotation



Treading Water



Signal for Help



Huddle



Use a floating object to huddle to preserve body heat.

POOL RULES



NO DIVING



NO RUNNING IN POOL AREA



NO GLASSWARE IN POOL AREA



NO UNATTENDED CHILDREN

Classroom activity

- Know the dangers on and under water Effect(s) of cold water (for example - cold water shock)
- Beach safety (lifeguard, flags, rip currents, waves etc.)
- Shout and signal rescue
- Throw rescue and Reach rescue