



Physical Education

SWIMMING BEGINNERS

Y5

Unit Focus: Swim short distances unaided between 5 & 20 metres using one consistent stroke. Propel themselves over longer distances with the assistance of swimming aids. Move with more confidence in the water including submerging themselves fully. Enter and exit the water independently.

Prior Learning:

- Swim short distances, between 5 & 10 metres and propelling themselves forward using swimming aids.
- Move around the pool with feet touching the ground.
- Play games including putting face in the water, splashing and attempting to float.



Move with more confidence in water including submerging themselves fully.



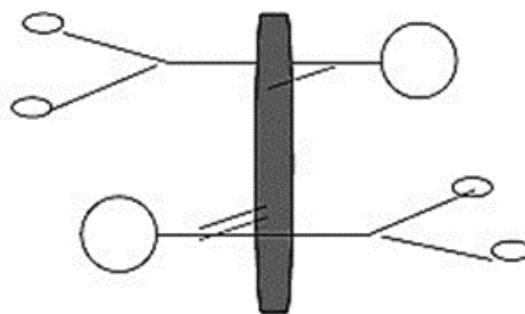
Apply basic arm and leg action to 'doggypaddle'.



Aware of other children around them in the pool.

Key Vocabulary/Skills:

Pulling and pushing.	Swim, kick, front, back, arms, legs, lie on front back, breath, splash, sculling, doggy paddle, prone, supine, glide, stroke, float, pace.
Stabilising - feet upright off the ground.	
Submerging.	
Prone float.	
Supine float.	
Leg action on back.	
Push, glide, turn.	
Doggy paddle.	
Transition from glide to stroke.	



Inspiring Individuals



Michael Fred Phelps
(1985 – present)



Maritza Correia
(1981 – present)

Equipment

Floats, noodles, armbands, floating toys such as spinning eggs, whiteboard and pen.

Key Questions

- How long could you glide for when your partner counted?
- Did they improve their distance and with which stroke?
- What will help you to move faster when you are sculling on your back?