



Physical Education

SWIMMING INTERMEDIATE

Y5

Unit Focus:

Swim over greater distances, between 10 & 20 meters with confidence in shallow water. Begin to use basic swimming techniques. Explore and use basic breathing patterns. Enter and exit the water in a variety of ways. Take part in problem-solving activities such as group floats and team challenges.

Prior Learning:

- Swum short distances unaided between 5 & 20 metres using one consistent stroke.
- Propel themselves over longer distances with the assistance of swimming aids.
- Can move with more confidence in the water including submerging themselves fully.
- Enter and exit the water independently.



Attempt to use basic breathing patterns when swimming.



Submerge, sink, roll and rotate underwater.



Work in collaboration to perform group challenges such as group floats.

Key Vocabulary/Skills:

Jump in from side and submerge.	Breath, rotate, submerge, sink, float, sculling, breaststroke, glide, surface dive, jump, on top of the water, underwater, front crawl.
Sink and roll.	
Front crawl legs.	
Surface dive.	
Linking three floats.	
Breaststroke legs.	
Somersault in water.	
Sculling face in water.	
Kicking while submerged.	



Inspiring Individuals



Kathleen Genevieve Ledecy
(1997 – present)



Ian Thorp
(1982 – present)

Equipment

Floats, noodles, armbands, floating toys, whiteboard and pen, cones/distance markers, stopwatches, bricks, sinking pens.

Key Questions

1. How did using a push and glide improve the speed of their swim?
2. If you were part of a relay team that had to swim 20 m which stroke would you choose and why?
3. Why is it important to be in a streamlined position when kicking?