



Physical Education

SWIMMING ADVANCED

Y5

Unit Focus: Bring control and fluency to at least two recognised strokes. Implement good breathing technique. Attempt personal survival techniques as an individual and group with success. Link lengths together with turns and attempt tumble turn in isolation and during a stroke

Prior Learning:

- 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.



Swim competently, confidently and proficiently over a distance of at least 25 metres.



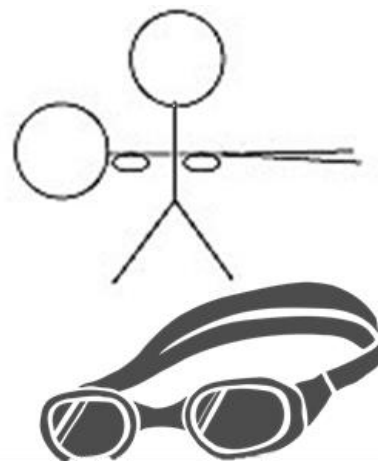
Link lengths together with turns and attempt a tumble turn in isolation and during stroke.



Work in pairs to refine stroke technique and suggest ways they can improve.

Key Vocabulary/Skills:

Relay change over.	Meters, distance, back crawl, front crawl, breaststroke, compete, improve, challenge, personal survival, treading, crouching.
Mushroom float.	
Partner support.	
Crouching dive.	
Surface dive.	
Treading water.	
Tumble underwater.	
Fluent breaststroke arm technique.	
Head up entry to water.	



Inspiring Individuals



Janet Evans
(1971 – present)



Johnny Weissmuller
(1904 -1984)

Equipment

Floats, noodles, armbands, floating toys, stopwatch, whiteboard and pen, stopwatch.

Key Questions

- 1.What was the most challenging part of the swimming course?
- 2.If you were to swim the course again how would you try and improve your time?
- 3.When would you use head up water entry?