

Swimming – Year 4

Whole Child objectives /Key Skills	<p>-Physical: submersion, float, glide, front crawl, backstroke, breaststroke, rotation, scull, tread water, handstands, surface dives, H.E.L.P and huddle position</p> <p>-Social: communication, support and encourage others, keep myself and others safe, collaboration,</p> <p>-Emotional: confidence, honesty, determination, independence, perseverance</p> <p>-Thinking: comprehension, observe and provide feedback, tactics, select and apply skills</p>					
Overview	<p>This is aimed at developing swimmers. During swimming, pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions. Pupils will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water.</p>					
End of Unit Outcomes	<p>School Swim & Water Safety Award 1</p> <p>Completing these outcomes with or without flotation equipment or support:</p>	<p>School Swim & Water Safety Award 2</p> <p>Completing these outcomes with or with out floatation equipment:</p>	<p>School Swim & Water Safety Award 3</p> <p>Complete these outcomes without floatation equipment or support:</p>	<p>School Swim & Water Safety Award 4</p> <p>Complete these outcomes without flotation equipment or support:</p>	<p>School Swim & Water Safety Award 5</p> <p>Complete these outcomes without flotation equipment or support:</p>	<p>School Swim & Water Safety Award 5</p> <p>Complete these outcomes without flotation equipment or support:</p>
Sequence of learning (small steps)	<ol style="list-style-type: none"> 1. Enter the water safely 2. Move forwards, backwards and sideways for a distance of 5 metres (Feet may be on or off the floor) 3. Scoop water and wash face, be comfortable with water showered from overhead 4. Blow bubbles, a minimum of three times rheumatically, with nose and mouth submerged. 5. take part in a movement game 6. Give examples of two pool rules 7. Recognise and identify the purpose of beach flags. 8. Exit the water safely 	<ol style="list-style-type: none"> 1. Enter the water safely 2. Move from horizontal floating position on the front and return to standing 3. Move from horizontal floating position on the back and return to standing 4. Push and glide on the front in a horizontal position, to or from the pool wall 5. Push and glide on the back in a horizontal position from the pool wall 6. Travel on back for 5 metres 7. Travel on front for 5 metres 8. Float on the back 9. Know how to signal for help 10. Exit the water safely 	<ol style="list-style-type: none"> 1. Jump in from poolside and submerge (minimum depth of 1 metre) 2. Fully submerge to pick up and object 3. Perform a tuck float and hold for five seconds 4. Push from the wall and glide on the front with arms extended 5. Push from the wall and glide on the back (optional, with arms extended) 6. Perform a rotation from the front to the back, then return to standing 7. Perform a rotation from the back to the front, then return to standing 8. Identify an open water hazard near your home or school 9. Exit the water safely 	<ol style="list-style-type: none"> 1. Jump into the water, submerge, surface and swim back to the point of entry (minimum depth 1 metre) 2. Push and glide towards the pool floor with arms extended 3. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface 4. Push and glide on the front with arms extended and log roll onto the back 5. Push and glide on the back with arms extended and log roll onto the front 6. Travel 5 metres on the front, perform a tuck to rotate onto the back and return to the side 7. Travel 10 metres on the front with feet off the pool floor 	<ol style="list-style-type: none"> 1. Jump into the water, submerge, surface and swim back to the point of entry (at least a full reach depth) 2. Perform a horizontal stationary scull on the back 3. Kick 10 metres backstroke 4. Kick 10 metres front crawl 5. Kick 10 metres butterfly or breaststroke on the front of on the back 6. Travel on back and log roll 180 degrees in one continuous movement onto front 7. Travel on front and log roll 180 degrees in one continuous movement onto back 8. Swim 10 metres, choice of stroke is optional 	<ol style="list-style-type: none"> 1. Perform three different shaped jumps into deep water (to include a straddle entry) 2. Perform a head first scull for 5 metres 3. Tow out of the following must be completed: <ol style="list-style-type: none"> a. Swim 10 metres front crawl b. Swim 10 metres backstroke c. Swim 10 metres breaststroke 4. Tread water for 30 seconds 5. Perform a handstand or forward somersault, tucked in the water

				8. Travel 10 metres on the back with feet off the pool floor 9. Perform a 'shout and signal' rescue. Explain how you would get help 10. Exit the water safely without using steps	9. Give two examples of where it is safe to swim and why 10. Exit the water safely	6. Swim 25 metres (choice of stroke optional) 7. Swim 10 metres wearing clothes – as a minimum t-Shirt and shorts 8. Exit deep water without the use of steps
Vocabulary	Safely Forwards Backwards Submerge	Horizontal Floating Push Glide Travel Position	Jump Submerge Tuck Float Glide Extend Rotation Hazard	Submerge Surface Glide Sequence Log roll Extend Signal Rescue	Submerge Surface Continuous Degrees Stroke Breaststroke Backstroke Front crawl	Tread water Handstand Somersault Straddle Breaststroke Backstroke Front crawl