

PE Swimming Long Term Plan – Units linked to Hierarchy of Skills

Year Group	<u>3/4</u>	<u>5/6</u>
Hierarchy linked to Outcomes Year 3 Year 4 Year 5 Year 6	<p>P21: Swim between 25 and 50 metres unaided. I can swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>I can swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>P22: Use more than one stroke and coordinate breathing as appropriate for the stroke being used. P23: Coordinate leg and arm movements. I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can use a range of strokes confidently [for example, front crawl, backstroke and breaststroke]</p> <p>P24: Swim at the surface and below the water. I can begin to perform safe self-rescue in different water-based situations I can perform safe self-rescue in different water-based situations</p>	<p>P22: Swim over 100 metres unaided. I can swim competently, confidently and proficiently over a distance of at least 25 metres I can swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>P23: Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. P24: Swim fluently with controlled strokes. I can use a range of strokes effectively with breathing [for example, front crawl, backstroke and breaststroke] I can use a range of strokes confidently with breathing [for example, front crawl, backstroke and breaststroke]</p> <p>P25: Turn efficiently at the end of a length. I am beginning to use turns at the end of a length I can perform safe self-rescue in different water-based situations I can use turns at the end of a length I can perform safe self-rescue in different water-based situations</p>
Knowledge	To develop an understanding of buoyancy and balance in the water. To develop independent movement and submersion. To develop gliding and crawl legs. To develop front crawl breathing. To develop gliding and backstroke. To develop rotation, sculling and treading water. To develop surface dives, submersion and handstands. To develop head above water breaststroke technique. To develop head above water breaststroke technique. To develop basic skills in water safety and floating. To learn techniques for personal survival. To develop water safety skills and an understanding of personal survival.	To develop gliding, front crawl and backstroke. To develop rotation, sculling and treading water. To develop the front crawl stroke and breathing technique. To develop the technique for backstroke arms and legs. To develop breaststroke technique. To develop breaststroke technique. To develop breaststroke and breathing technique. To develop basic skills of water safety and floating. To develop the dolphin kick. To learn techniques for personal survival. To develop water safety skills and an understanding of personal survival. To increase endurance in swim challenges. To identify fastest strokes and personal bests.
Vocabulary	Submersion Floating Gliding Front crawl Backstroke Breaststroke Rotation Sculling Treading water	Submersion Floating Gliding Front crawl Backstroke Breaststroke Rotation Sculling Treading water