



# LKS2: Swimming

## Prior Learning

### Children have...

- Mastered basic fundamental movements using their agility, balance and co-ordination to perform skills such as running, jumping, throwing and catching.



## Vocabulary

- Distance, competent, confidence, proficiently, front crawl, back crawl, breast stroke, water safety, self-rescue, 25 metres, treading water

## Sticky Knowledge

Adam Peaty, who comes from Uttoxeter, was the first British male swimmer to win a gold medal in the 100m breaststroke in 24 years. He retained his title in the 202 Olympics.



### Arm movement during front crawl

- Reach one arm forwards with a bent elbow.
- Your hand should enter the water thumb first.
- Keep your fingers together.
- Pull the water back towards you.
- Don't bring your arm back out until it has reached your leg.
- Rotate and repeat using the other arm.



### Arm movement during breast stroke

- Keep elbows high but below the surface at all times.
- Stretch your arms forward with hands close together.
- Sweep your arms out, around and then back to your chest.
- Don't make your arm circles too wide.

