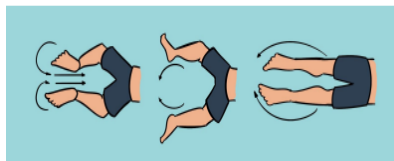


Subject

Theme

PE

Swimming



Hurst Hill Primary School
Learning Together

Key skills

Year 3

I can swim competently, and confidently over 25 meters I can use a range of strokes effectively

I can perform self-rescue in different water based situations.

Year 4

I can swim competently, confidently and proficiently over a distance of 25 meters. I can use a range of strokes effectively and I can perform safe self-rescue in different water based situations.

Year 5

I can swim competently, confidently and proficiently over a distance of at least 25 meters. I can use a range of strokes effectively and I can perform safe self-rescue from a variety of water based situations.

Year 6

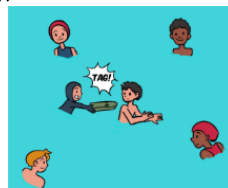
I can swim competently, confidently and proficiently over a distance of at least 25 meters. I can use a range of strokes effectively and I can perform safe self-rescue from a variety of water based situations.

Key vocabulary

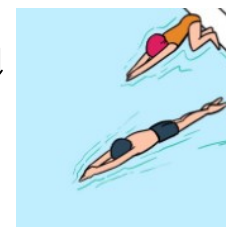
- Submersion
- Floating
- Gliding
- Front crawl
- Backstroke



- Sculling
- Treading water
- Breaststroke
- Rotation



- Rotation
- Sculling
- Treading water
- Front crawl
- Backstroke



- Breaststroke
- Surface dives
- Huddle and HELP position
- Floating



Significant athletes

Michael Phelps



Ellie Robinson

GB Paralympian



Kristin Otto



Amy Van Dyken

