

Links to the PE National Curriculum

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- perform safe self-rescue in different water-based situations.

Key Skills: Physical

- Rotation
- Sculling
- Treading water
- Gliding
- Front crawl
- Backstroke
- Breaststroke
- Surface dives
- Floating
- Huddle and H.E.L.P. position

Key Skills: S.E.T

- Social: Communication
- Social: Supporting and encouraging others
- Emotional: Determination
- Thinking: Creating
- Thinking: Decision making
- Thinking: Using tactics



Top Tips for Teachers

- Use the time you have travelling to and from the pool to discuss water safety. Find resources from Swim England in the resource bank to support this.
- It is recommended that all pupils wear swimming hats. Goggles are recommended for KS2.
- Have a range of buoyancy equipment available for less confident swimmers such as arm discs, swim belts and noodles.
- The Get Set 4 PE swimming plans are written for group sizes of 12. These can be taught for more or less pupils but you will need to be mindful of the equipment required and ratios of adults to pupils.
- The Year 1/2 SOW is written for beginner swimmers, the Y3/4 SOW is written for developing swimmers and the Y5/6 SOW is written for intermediate swimmers.
- When selecting lesson plans to teach, consider the level of your swimmers not necessarily the age.
- Always check the safety and pool guidelines of the facility you use before teaching.

Key Vocabulary:

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|------------------------|-----------------------|---------------------|
| • personal best | • flutter kick | • exhale |
| • somersault | • surface | • inhale |
| • endurance | • propel | • continuous |
| • streamline | • synchronised | • retrieve |

Teacher Glossary

- Dolphin kick:** A dolphin kick is usually used for the butterfly stroke. Created by whipping motion with the legs.
- Body roll:** When a swimmer rotates their body from side to side.
- Glide:** When a swimmer coasts with a pause in their stroke.
- Stroke:** A style of swimming. There are four competitive strokes: butterfly, backstroke, breaststroke, freestyle.
- Flutter kick:** A kick used in crawl and backstroke in which the legs are extended straight back and alternately moved up and down with a slight bend in the knee on the upward movement.
- Sculling:** Using quick movements of the hands to keep the head above the water. Sculling can be done head first or feet first.
- Treading water:** A survival technique used to keep the head above the water.