

Seamer and Irton CP School – Knowledge Organiser

PE Topic: Swimming

Year 4

Prior Knowledge

Pupils will have a range of prior experience, ranging from non-swimmer to regular club competitor. Our main focus is to help all children achieve the minimum standard as explained below.

Key knowledge I need to understand

- 1. Swim competently, confidently and proficiently over a distance of at least 25 metres.** This means demonstrating a continuous swim of more than 25 metres without touching the side of the pool or the pool floor without the use of swimming aids.
- 2. Use a range of strokes effectively.** Pupils should be able to use a range of strokes and make choices about the strokes they use to achieve different outcomes and be certain of success.
- 3. Perform safe self-rescue in different water-based situations.** Pupils should know the dangers of water and understand how to act responsibly when playing in or near different water environments. This includes understanding and adhering to national and local water safety advice, being able to use appropriate survival and self-rescue skills if they unintentionally fall in or get into difficulty in the water, and knowing what to do if others get into trouble.

These experiences and skills are achieved through;

Y3 – RNLI Water Safety workshops

Y4 – A minimum of 10 swimming sessions with professional tutors. Hit the Surf activities.

Y5 – Water-based activities at East Barnby Centre

Y6 – Kayaking and paddleboarding tuition

How I will show what I have learned

Pupils can:

- ♣ 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.

What's next?

Learning to swim and understanding how to stay safe in the water is not just about passing a test and ticking a box, these basic requirements will help young people to have the best chance of acting responsibly around water and surviving in it. There should be no need for a child to leave primary school without achieving the minimum national curriculum requirements for swimming and water safety. However, where this happens, schools should signpost pupils to summer school courses at local pools or encourage parents to take their children swimming.

What vocabulary I need to know

To meet the three national curriculum requirements for swimming and water safety, lessons should focus on developing some or all of the following skills and strokes in different water-related contexts:

- how to enter and exit the water
- floatation
- submerging
- rotating from back to front and front to back and regaining an upright position
- pushing and gliding and an understanding of streamlining
- aquatic breathing
- moving effectively and efficiently through the water using alternating and simultaneous strokes on front and back, such as front crawl, back crawl, breast stroke, side stroke
- swimming longer distances and for increasing amounts of time
- survival and self-rescue skills: treading water, Heat Escape Lessening Position (HELP) and Huddle positions, floating and resting in the water, attracting attention, sculling and swimming in clothes/buoyancy aids
- water safety: knowledge and understanding of different water environments, how to stay safe when playing in and around water including recognising flags and warning signs and understanding national and local water safety advice
- what to do if others get into difficulties: stay safe: shout, signal; throw, do not go into the water; raising the alarm 999

Key resources:

TEACHING SWIMMING AND WATER SAFETY AT KEY STAGE 1 OR 2, A GUIDE FOR PRIMARY SCHOOLS