

SWIMMING

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through swimming. In addition, we evaluate and recognise our own successes.

Swimming:

We will learn to swim competently, confidently and proficiently over a distance of at least 25 metres. Using a range of strokes effectively including, front crawl, backstroke and breaststroke.

Key Vocabulary			
front crawl	backstroke	breaststroke	float
tread water	dive	length	breathe
speed	kick	streamline	freestyle



Yes

Developing

I can swim 25m on front and backstroke only:

I can swim 25m on front and backstroke only:

I can swim 25m front, breast and backstroke:

I can tread water and collect a brick:

I can collect a brick only:

I can tread water only: