

# Swimming – Front Crawl

## Keywords

## Water Familiarisation

Performance	Confidence
Arms	Front Crawl
Water	Paddle
Dive	Depth
Sink	Surface
Float	Stroke



Can you think of anymore?

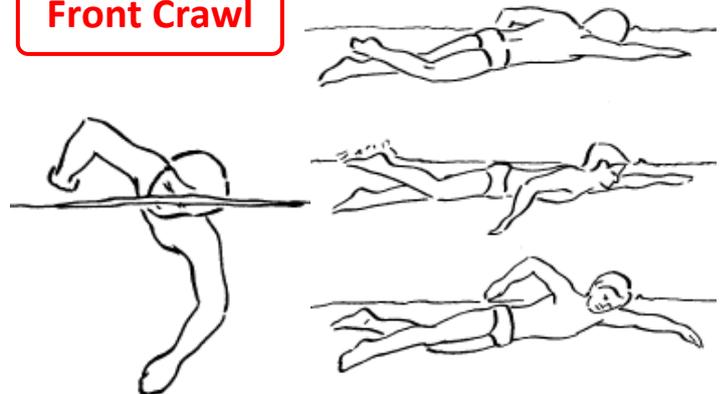
**What Can you do?**

Performance	Can lift my feet off the pool floor
	I can kick across the width of the pool without touching the floor
	Lift my elbow out of the water first when swimming
	Swim with my face in the water
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can describe what it feels like in water
	Explains how to move in the water
	Can use arms & legs together to travel from A to B
	Is well co-ordinated in water and can travel with ease
Health Related Fitness	Can explain what exercise is
	Describes how you feel during exercise
	Knows why exercise is good for us
	Knows why we warm up

## Teaching Points

- Relax in the water.
- Take a deep breath in.
- Place whole head under the water.
- Breathe out under water slowly.

## Front Crawl



## Teaching Points

- Arms enter the water and pull back to 'pocket'
- Legs kick just slightly underneath the water level.
- Breathe every 2-4 strokes.

Can you swim from A to B using this stroke?



# Swimming – Back Stroke

## Keywords

Performance	Confidence
Arms	Back Stroke
Water	Paddle
Dive	Depth
Sink	Surface
Float	Arm Pull

Can you think of anymore?



Performance	Can lift my feet off the pool floor
	I can get across the width of the pool without touching the floor using mainly kick
	Lift my elbow out of the water first when swimming
	Swim confidently from A to B
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can describe what it feels like in water
	Explains how to move in the water
	Can use arms & legs together to travel from A to B
	Is well co-ordinated in water and can travel with ease
Health Related Fitness	Can explain what exercise is
	Describes how you feel during exercise
	Knows why exercise is good for us
	Knows why we warm up

## Floating



### Teaching Points

- Relax in the water.
- Try to point your belly button to the ceiling.
- Use arms to gently steady your body in the water.

## Back Stroke



### Teaching Points

- Arms enter the water little finger first.
- Pull arm back to 'pocket' underneath the water.
- Maintain a steady leg kick underneath the water.

Can you swim from A to B using this stroke?



# Swimming – Breast Stroke

## Keywords

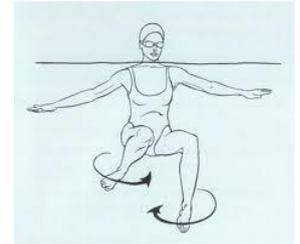
Performance	Confidence
Arms	Breast Stroke
Water	Paddle
Dive	Depth
Pull	Surface
Float	Pressure

Can you think of anymore?

What can you do?

Performance	Can lift my feet off the pool floor
	I can get across the width of the pool without touching the floor using mainly kick
	Lift my elbow out of the water first when swimming
	Swim confidently from A to B
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can describe what it feels like in water
	Explains how to move in the water
	Can use arms & legs together to travel from A to B
	Is well co-ordinated in water and can travel with ease
Health Related Fitness	Can explain what exercise is
	Describes how you feel during exercise
	Knows why exercise is good for us
	Knows why we warm up

## Treading Water



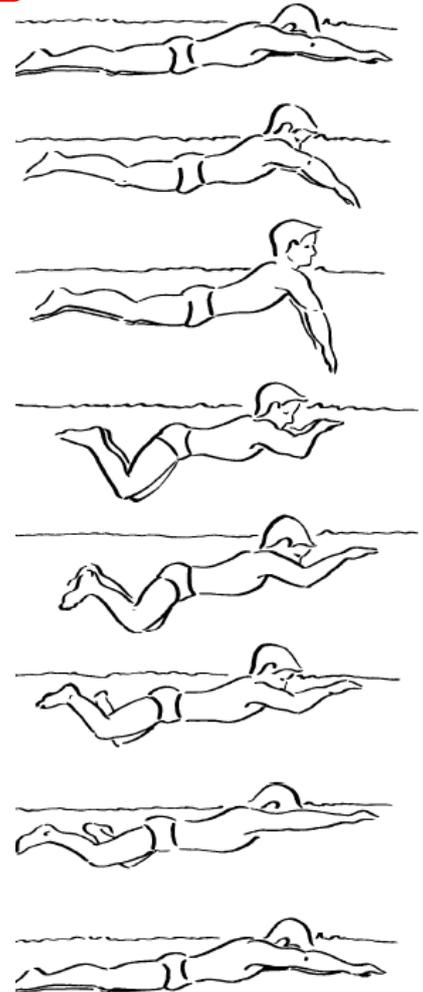
### Teaching Points

- Relax in the water.
- Keep your body in an upright position.
- Kick consistently using small motions under the water.
- Use your arms to 'scull' in the water – This will help floating.

## Breast Stroke

### Teaching Points

- Arms enter the water with hands together.
- Pull both arms at the same time towards your body.
- Bring legs towards body pressing your heels together.
- Maintain a steady rhythm



Can you swim from A to B using this stroke?