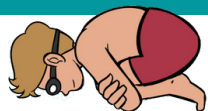


# Knowledge Organiser






## Swimming Year 3 and Year 4

### About this Unit



Learning how to swim is very important! It's like having a special superpower that helps you stay safe and have lots of fun in the water.

#### Let's see why:

-  Safe swimmer: when you know how to swim, you can be a safe swimmer and avoid getting into trouble in the water. It's like wearing a magical shield that keeps you safe from water dangers.
-  Water hero: imagine being a water hero who knows how to help someone if they're in trouble in the water.
-  Strong and healthy: swimming is like a workout for your whole body. It makes your muscles strong, your heart happy, and keeps you fit and healthy.
-  Awesome adventures: when you can swim, you can try so many cool things like snorkelling to see colourful fish, surfing on big waves, or even playing fun water games with your friends.
-  Believe in yourself: learning to swim might seem tricky at first, but when you practice and learn, you'll feel very proud of yourself.

### Key Vocabulary



**alternate:** one then the other

**backstroke:** a swimming style performed on the back

**breaststroke:** a swimming style performed on the front

**breathing:** when a swimmer chooses to breathe

**buoyancy:** how able an object is to float in water

**crawl:** a type of stroke

**floating:** the ability to stay on the water's surface

**front crawl:** a stroke used in swimming

**glide:** move across the water with a smooth continuous movement

**H.E.L.P position:** Heat Escape Lessening Posture: a position for floating in cold water when wearing a life jacket and awaiting rescue

**handstand:** an inverted balance in which weight is held on hands

**huddle:** a position for two or more people floating in cold water wearing life jackets and awaiting rescue

**rotation:** the circular movement of an object around a central point

**sculling:** quick movements of the hands to keep the head above the water

**sidestroke:** a stroke where the swimmer lies on their side, helpful as a lifesaving stroke as it uses less energy

**sinking:** travelling lower than the surface  
**stroke:** the style of swimming, there are four competitive strokes: butterfly, backstroke, breaststroke, freestyle

**submerge:** to be underwater

**surface:** where the water ends

**surface dive:** to go beneath the water

**survival:** the act of living

**tactics:** a plan or strategy

**technique:** the action used correctly

**treading water:** a survival technique used to keep the head above the water

**water safety:** actions to keep people safe around water

### Ladder Knowledge



#### Strokes:

**Year 3:** keeping your legs together for crawl helps you to stay straight in the water.

**Year 4:** keeping your legs together for crawl helps you to stay straight in the water.

#### Breathing:

**Year 3:** turning your head to the side to breathe will allow you to swim with good technique.

**Year 4:** breathing out with a slow consistent breath enables you to swim for longer before needing another breath.

#### Water safety:

**Year 3:** treading water enables you to keep upright and in the same space.

**Year 4:** if you fall in the water float.

### Movement Skills

- submersion
- float
- glide
- front crawl
- backstroke
- breaststroke
- rotation
- scull
- tread water
- handstands
- surface dives
- H.E.L.P and huddle position

This unit will also help you to develop other important skills.

**Social** communication, support and encourage others, keep myself and others safe, collaboration,

**Emotional** confidence, honesty, determination, independence, perseverance

**Thinking** comprehension, observe and provide feedback, tactics, select and apply skills

### Rules

#### 1. Stop and think, always swim in a safe place

When swimming outdoors preferably swim at a lifeguard beach, organised session or a supervised space.

#### 2. Stay together, always swim with an adult

When swimming outdoors you must always stay together. NEVER go alone.

#### 3. Float

If you fall into the water unexpectedly – float on your back until you can control your breathing. Then, either call for help or swim to safety.

#### 4. Call 999

If you see someone in trouble, tell someone or go to the nearest telephone and dial 999.

### Healthy Participation



- Always swim with an adult.
- Wait for a qualified lifeguard before entering the water.

If you enjoy this unit why not see if there is a swimming club in your local area.



#### How will this unit help your body?

balance, co-ordination, flexibility, speed, stamina, strength

### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Dolphin Dash



**What you need:** a swimming pool with a lifeguard, a supervising adult.

#### How to play:

- Choose a starting and finishing point in the pool. These can be across the width of the pool or from one end to the other.
- Line up at the starting point. Everyone will be a dolphin for this game!
- Swim using your best dolphin strokes by moving your body in a wave like motion with arms and legs straight.
- Every few strokes, do a little dolphin jump by lifting your upper body slightly out of the water. Pretend you're leaping over waves.
- Playing with others? Who can reach the other side first?
- Playing by yourself? How long does it take you to reach the other side?



[www.getset4education.co.uk](http://www.getset4education.co.uk)