

# Knowledge Organiser Physical Education Year 4 Autumn

## Swimming



St Elizabeth's Catholic Primary School  
"Love one another as I have loved you"

### Prior knowledge

- Basic techniques for breaststroke, backstroke and front crawl
- Breathing technique for front crawl
- Some personal survival techniques including sculling and treading water

### Physical skills developed in this topic

- Explore breathing techniques
- Explore survival techniques

### Knowledge and skills covered in this topic

- Demonstrate increased technique in a range of strokes, swimming over a distance of 25m
- Explore underwater breaststroke breathing technique over a distance of 25m

### Key words

**Stroke:** Type of swimming

**Alternate:** One side then the other

**Exhale:** Breathe out

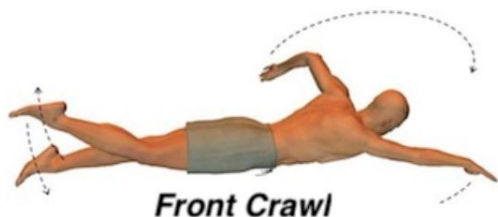
**Inhale:** Breathe in

**Surface:** The top of the water

**Survival:** Staying alive

**Buoyancy:** Floating

**Treading Water:** A survival technique used to keep the head above water with the body vertical



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