

Knowledge Organiser Physical Education Year 5 Spring

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
- Explore HELP and Huddle positions

Key words

Stroke: Type of swimming

Alternate: One side then the other

Exhale: Breathe out

Inhale: Breathe in

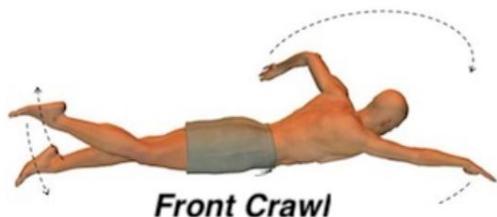
Surface: The top of the water

Survival: Staying alive

Buoyancy: Floating

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

Huddle: A survival group position for saving energy and keeping warm



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