

Knowledge Organiser Physical Education Year 6 Autumn

Use of speed and a variety of tactics - Swimming



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

Prior knowledge

- A range of strokes to swim over 25 metres
- Swim breaststroke and front crawl breathing correctly
- Demonstrate good understanding of safety techniques including HELP and huddle positions

Physical skills developed in this topic

- Smooth breathing
- Survival techniques

Knowledge and skills covered in this topic

- Select and apply their fastest stroke over a distance of 25m
- Demonstrate a smooth and consistent breathing technique over a range of strokes over a distance of 25 m
- Can select and apply the appropriate survival technique for the situation

Key words

Endurance: Developing physical stamina

Streamline: Swimming with a body position moving in smooth flow without turbulence

Propel: Move forward (pushing or pulling through water)

Retrieve: Collect something

Continuous: Without stopping

Exhale: Breathe out

Inhale: Breathe in

Surface: The top of the water

Buoyancy: Floating

