

Key Vocabulary	
Backstroke	A swimming stroke you can do on your back.
Breaststroke	An easy stroke in which you move your legs like a frog.
Deep End	The end of a swimming pool where the water is deepest.
Diving	To plunge head first into water with one's arms raised over one's head.
Freestyle	A swimming event in which swimmers are free to use any style.
Front Crawl	A style of swimming in which the swimmer faces downwards and moves their arms alternately in strokes.
Glide	Gliding is when you are coasting along with a pause in your stroke.
Lap (also known as length)	The distance from one end of the swimming pool to the other.
Open water	A large area of water in a lake or in a sea.
Shallow End	The end of a swimming pool where the water is shallowest.

Year 4/5 - PE - Swimming

Sticky Knowledge/Skills

- **Front crawl** - The kick begins at the hips, which should be close to the water's surface. The legs work in an alternating up and down pattern. With your arms, one is working to move the body through the water, the other is in recovery being lifted clean over the water.
- **Breaststroke** - Leg kicks takes place under the water and begin with the legs in an extended position with feet together. The knees bend to bring the heels towards the bottom, and the feet flex into an outward turned position. With the feet now turned outwards, they accelerate in a curved pathway. The feet then snap together, and the legs finish together to form a streamlined shape.
- **Backstroke** - The body must be as horizontal and streamlined as possible, with the head inline, eyes looking upwards and remaining steady throughout. The alternating leg kick starts from the hip and remains within the body width. Toes are pointed with ankles relaxed, and the knees bend slightly with each kick. The knee bend provides power on the upbeat phase of the kick, finishing as the toes break the water surface.
- **Water safety** - If you fall into deep water, you should lie on your back and **FLOAT**. Fight the instinct to panic or swim. Lie back and keep your airways clear, push your stomach up and extend your limbs moving hands and feet to help you **FLOAT**. Try to take and

Famous Swimmers



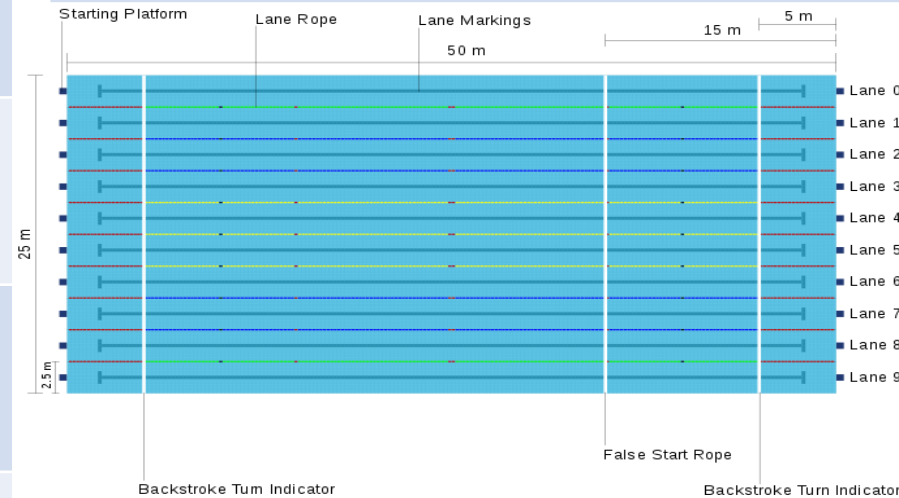
Adam Peaty, a 26-year-old swimmer from Great Britain, specializes in the breaststroke form of swimming and has bagged multiple Olympic gold medals to date. He is only one of the five British swimmers to have won all the major gold medals, but at the same time, he is the only one to win all of these in the



Michael Phelps is an American swimmer who holds world records in several events. In total he has won 28 Olympic medals, a record. 23 of these are gold medals, over two times as many as the former record. Phelps is also known as the most decorated Olympian in any sport.

The Olympic Swimming Pool

The Olympic swimming pool features all the important lane markings that are used when creating a swimming facility for competitions. Markings include starting platforms, lanes, backstroke turn indicators, and a false start rope.



Swimming has been part of the Olympic schedule since the very first modern Olympic Games in 1896. It's one of only four disciplines to have been retained, appearing in every summer Olympics since – the others being athletics, artistic gymnastics and

