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| **Goonhavern Primary School** |
| **TOPIC: PE** | **YEAR: 3** | **STRAND: Swimming**  |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| -Water safety at the beach -Water safety at a pool  | move in the pool (for example, jump, walk, hop, and spin, using swimming aids and/or support) |
| float and move with and without swimming aids  |
| propel themselves in water using different swimming aids, arms and leg actions and basic strokes. |
| Tread water for a sustained period of time  |
| Begin to learn some strokes (front crawl, backstroke, breaststroke)  |
| Know how to respond if themselves or someone else is in danger  |
| Know how to act safety around the edge of a pool  |
| **School Values** |
| **Five Ways to Wellbeing** |

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| **Vocabulary**  |
| Float  | Stay above water  |
| Swimming aids | Objects that help us float |
| Floats  | Objects that help us float  |
| Stroke  | Arm movement in the water  |
| Tread water  | Kicking your legs to stay above water  |
| Front crawl  | a style of swimming in which the swimmer faces downwards and moves their arms alternately. |
| Backstroke  | A style of swimming performed on your back  |
| Breaststroke  | A style of swimming where you arms move in and out from your breast  |
| LIfeguard  | A person who keeps us safe at a swimming pool  |

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| **Image/diagram that helps me to articulate my knowledge/understanding**  | **Investigate!** |
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