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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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