

SWIMMING BACKSTROKE—YEAR 4

KEY VOCABULARY

- Backstroke – A swimming stroke. It is performed on the back with the arms lifted alternatively out of the water. They use a circular motion and the legs kick at the same time

SAFETY

- Remove all jewelry including earrings
- Long hair must be tied back
- Wear goggles only if you have permission

WHAT CAN I DO?

Performance

- Can I lift my feet off the pool floor
- I can kick across the width of the pool without touching the floor
- Lift my elbow out of the water first

CHILDREN WILL BE TAUGHT

- Perform a safe self-rescue in different water based situations
- To swim competently, confidently and proficiently over a distance of 25 metres
- To use a range of strokes effectively, including frontcrawl, backstroke and breaststroke

SELECT & APPLY

- Describe what it feels like in water
- Explain how to move in water
- Well coordinated in water and travel with ease

Teaching Points

- Arms enter the water little finger first.
- Pull arm back to 'pocket' underneath the water.
- Maintain a steady leg kick underneath the water.

