

SWIMMING BREASTROKE—YEAR 4

KEY VOCABULARY

- Breaststroke— a swimming stroke. Swim the chest facing down. The arms are pushed forwards and then swept back in a circular movement

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

ANALYSING

- Can watch someone perform
- Pick out strengths and weakness
- Can compare others work

SAFETY

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

WHAT CAN I DO?

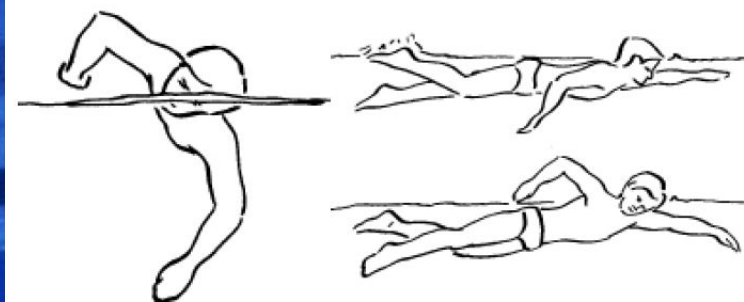
Performance

- Can I lift my feet off the pool floor
- I can kick across the width of the pool without touching the floor

SELECT & APPLY

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

Front Crawl



Teaching Points

- Arms enter the water and pull back to 'pocket'
- Legs kick just slightly underneath the water level.
- Breathe every 2-4 strokes.

HEALTH RELATED FITNESS

- Can explain what exercise is?
- Describe how you feel
- Why is exercise good for us?
- Why do we warm up?