Knowledge Organiser
Swimming Year 5 and Year 6

Get Set 4 Education

About this Unit

Swimming is a very important life skill. In this unit you will learn to:

- swim competently and confidently over a distance of at least 25 metres
- use a range of strokes effectively e.g. front crawl, backstroke and breaststroke
- perform safe self-rescue in different water-based situations.

Did you know...

Gertrude Ederle was the first woman to swim across the English Channel.

Gertrude didn't learn how to swim until she was 9, but by the age of 17 she won a gold and a bronze medal at the 1924 Paris Olympics. At the age of 19, she became the first woman to swim across the English Channel. She had been told that a woman would not be able to swim that far, but not only did she swim that far, she also beat the previous record by two hours.

Ladder Knowledge

Strokes:

Year 5: pulling harder through the water will enable you to travel the distance in fewer strokes and travel faster.

Year 6: making your body streamline helps you to glide through the water.

Breathing:

Year 5: breathing every three strokes helps to balance your stroke and allows me you to practise breathing on both sides.

Year 6: the more you practice your breathing in the water, the more your heart and lungs can work effectively and aid your muscles with the ability to utilise oxygen when swimming.

Water safety:

Year 5: a group of people can huddle together to conserve body heat, support each other and provide a larger target for rescuers.

Year 6: there are different survival techniques to use for different situations.

Movement Skills

- rotation
- scull
- tread water
- glide
- front crawl
- backstroke
- breaststroke
- surface dives
- float
- huddle and H.E.L.P. position

This unit will also help you to develop other important skills.

Social support others, work safely, inclusion, communication, collaboration

Emotional determination, work fairly, honesty, confidence, perseverance

Thinking comprehension, creativity, make decisions, tactics

Rules

1. **Stop and think, always swim in a safe place**
When swimming outdoors preferably swim at a lifeguard beach, organised session or a supervised space.

2. **Stay together, always swim with an adult**
When swimming outdoors you must always stay together. NEVER go alone.

3. **Float**
If you fall into the water unexpectedly – float on your back until you can control your breathing. Then, either call for help or swim to safety.

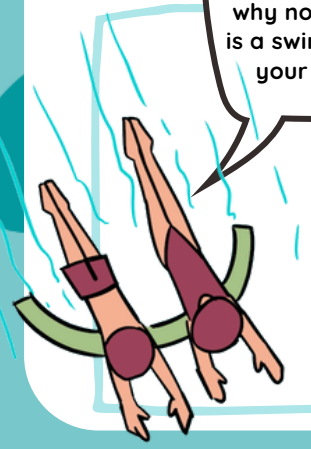
4. **Call 999**
If you see someone in trouble, tell someone or go to the nearest telephone and dial 999.

Key Vocabulary

afloat: floating on water
buoyancy: how able an object is to float in water
buoyant: when an object floats in water
conserve: to protect something
continuously: without gaps
dolphin kick: used for the butterfly stroke, created by a whipping motion with the legs
endurance: ability to keep going
exhale: to breathe out
flexed: bent
flutter kick: a kick used in crawl and backstroke in which the legs are extended straight back and alternately moved up and down
huddle: a position for two or more people floating in cold water wearing life jackets and awaiting rescue
inhale: breathe in
motion: process of moving
outstretched: extended
personal best: a target outcome of an individual
propel: to move forward
retrieve: to collect
rotate: turn
somersault: to rotate 360° around a horizontal point
streamline: the position you get your body in to flow through the water easily
stroke: the style of swimming, there are four competitive strokes: butterfly, backstroke, breaststroke, freestyle
synchronised: when performers complete the same action at the same time
technique: the action used correctly
treading water: a survival technique used to keep the head above the water

Healthy Participation

- Always swim with an adult.
- Wait for a qualified lifeguard before entering the water.



If you enjoy this unit why not see if there is a swimming club in your local area.

How will this unit help your body?

balance, co-ordination, flexibility, speed, stamina, strength

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Splash Tag

What you need: a swimming pool with a lifeguard, a supervising adult, 2 player or more

How to play:
- One player begins as the tagger.
- The tagger tries to tag the other players by splashing them.
- If a player gets splashed, they become the new tagger.

Top tip: swim underwater to avoid the splashes.

Playing with more than two players? Try swimming in other directions to avoid the tagger.

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