



St. Francis Xavier's RC Primary School

PE Unit Guidance and Formative Assessment

Year Groups:	3, 4, 5 and 6	Subject:	P.E.
Unit:	Swimming	Prerequisite Learning and Curriculum Links	No prerequisite learning from KS1 although some children may do swimming lessons outside of school.
ROCKS (Remembering Our Curriculum Knowledge and Skills)			
Swim competently, confidently and proficiency over 25 meters.			
Use front crawl, backstroke and breaststroke.			
Perform safe self-rescue in different situations.			
Progressive Journey:		Skills:	
Beginners		<ul style="list-style-type: none"> To develop basic pool safety skills and confidence in water. Children will learn how to swim between 10-20 metres unaided in shallow water, using their arms and legs to propel themselves. They will use one basic method to swim the distance, making sure they breathe. They will start by using floats, swim over longer distances and periods of time with a more controlled leg kick. They will explore freely how to move in and under water, recognise the affects their temperature and identify and describe the difference between leg and arm actions. 	
Developing		<ul style="list-style-type: none"> The children will begin to learn to swim between 50 and 100 metres and keep swimming or 45 to 90 seconds; use three different strokes (front crawl, back stroke and breast stroke), swimming on their front and back. They will control their breathing and swim confidently and fluently on the surface and under water. Children should know the dangers of water locally and nationally. Develop push and glides, any kick action front and back with or without support aids. To develop entry and exit, travel further, float and submerge. 	
Competent		<ul style="list-style-type: none"> The children will learn confidently swim 100 metres and keep swimming to 90 seconds; use three different strokes (front crawl, back stroke and breast stroke), swimming on their front and back. Learn how and why to use appropriate survival and self-rescue skills if they fall in by accident, or get into difficulty and know what to do if others get into trouble in the water. To develop balance, link activities and travel further on whole stroke. 	

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| | <ul style="list-style-type: none">• To show breath control.• Introduction to deeper water.• Treading water. |
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Key Vocabulary

Freestyle, backstroke, front crawl, breaststroke, butterfly, metres, rescue, tread, safety, glide, kick, float, submerge