

PEMBRIDGE CE PRIMARY SCHOOL LEARNING JOURNEY ITINERARY

Pembridge is a school where we encourage everyone to be inspired through faith in God and to live by Christian values so that our teaching and learning is of the highest quality, our whole community flourishes and we reflect all that is worthy of praise.

SUBJECT: PE - SWIMMING

YEAR GROUPS: Y2-Y4

PREVIOUS KNOWLEDGE We would expect most children to already be able to:

- Change independently
- Get into a swimming pool

By the end of Year 4, children should:

at least achieve these targets:	achieve, with confidence, these targets:	excel at achieving these targets:
• swim between 25 and 50 metres unaided • keep swimming for 30 to 45 seconds, using swimming aids and support • use a variety of basic arm and leg actions when on their front and on their back • swim on the surface and lower themselves under water • take part in group problem-solving activities on personal survival • recognise how their body reacts and feels when swimming • recognise and concentrate on what they need to improve	• swim between 50 and 100 metres and keep swimming for 45 to 90 seconds • use 3 different strokes, swimming on their front and back • control their breathing • swim confidently and fluently on the surface and under water • work well in groups to solve specific problems and challenges, sharing out the work fairly • recognise how swimming affects their body, and pace their efforts to meet different challenges • suggest activities and practices to help improve their own performance	• swim further than 100 metres • swim fluently and confidently for over 90 seconds • use all 3 strokes with control • swim short distances using butterfly • breathe so that the pattern of their swimming is not interrupted • perform a wide range of personal survival techniques confidently • know what the different tasks demand of their body, and pace their efforts well to meet challenges • describe good swimming technique and show and explain it to others

ASSESSMENT OPPORTUNITIES

Children will be able to demonstrate their learning through:

- regular practice during a ten-week session

ENRICHMENT OPPORTUNITIES We will endeavour to include: • participation in inter-school competitions held locally	SUBJECT-SPECIFIC VOCABULARY We will expect children to use these words and phrases: front crawl, pull, push, kick, back crawl, lie flat, streamlined, breaststroke, breathe, floating, turning, gliding, sculling, slide entry, surface diving, straddle entry, survival techniques	CROSS-CURRICULAR LINKS This itinerary fits with our other learning through: • effects of exercise on the body, heart rate in science • water safety – river swimming etc
--	---	---

LEARNING BEHAVIOURS Children will be expected to:

Tries new things	show increasing confidence as they learn new skills.
Works hard	demonstrates stamina for long-distance swimming.
Concentrates	be focussed and aware of the needs (and safety) of others in the pool.
Self-motivates	get changed and dressed without fuss or support.
Imagines	adapts water-based games to suit.
Improves	makes changes to technique to develop speed and agility in water.
Understands others	be encouraging of others less confident than themselves.
Doesn't give up	show determination to try and try again to succeed.