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| Key Learning- Swimming  Year 5 |
| Primary school swimming and the national curriculum  Children will take part in swimming lessons and pupils should be taught to:   * swim competently, confidently and proficiently over a distance of at least 25 metres * use a range of strokes effectively for example, front crawl, backstroke and breaststroke * perform safe self-rescue in different water-based situations |
| Key Vocabulary |
| |  |  | | --- | --- | | Stroke | The type of swimming | | Alternate | One side then the other | | Exhale | Breathe out | | Inhale | Breathe in | | Surface | The top of the water | | Survival | Staying alive | | Bouyancy | Floating | | Treading water | A survival technique used to keep the head above water with the body vertical | | Huddle | A survival group position for saving energy and keeping warm | |