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|  Key Learning- SwimmingYear 5 |
| Primary school swimming and the national curriculumChildren 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
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| Key Vocabulary |
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| 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 |

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