



PE Topic Journey Overview Y4

Y4 PE Topic: Swimming

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| <p>Lessons 1 and 2</p> <p>Key Skills: To develop front crawl stroke, moving on the surface showing confidence and enjoyment</p> <p>Activities:</p> <ul style="list-style-type: none">• Safe entry into pool• Leg kicking on rails• Glide on front• Kicking with float• Front crawl arm action standing in shallow water <p>Outcomes: Children to demonstrate front crawl technique</p> | <p>Lessons 3 and 4</p> <p>Key Skills: To develop back stroke, using different arm and leg actions to propel themselves through the water</p> <p>Activities:</p> <ul style="list-style-type: none">• Safe entry into pool• Push and glide (front and back)• Use 2 floats, 1 under each arm to lie on back and kick legs• Back stroke arm action standing in shallow water• Head and feet first sculling on back <p>Outcomes: Children to demonstrate back stroke technique</p> | <p>Lessons 5 and 6</p> <p>Key Skills: To develop breast stroke, co-ordinating actions in order to remain balanced</p> <p>Activities:</p> <ul style="list-style-type: none">• Safe entry into pool• Push and glide on front• Use 2 floats, 1 under each arm, feet like penguin, lift heels up to bottom, kick back hard• Breast stroke arm action standing in shallow water• Practice breast stroke using a woggle underneath for support <p>Outcomes: Children to demonstrate breast stroke technique</p> |
| <p>Lesson 7 and 8</p> <p>Key Skills: To further develop breast stroke, end of unit testing for certificates</p> <p>Activities:</p> <ul style="list-style-type: none">• Safe entry into pool• Push and glide on front for distance• Back Paddle: hands by hips pushing water down alternating leg kick• Breaststroke legs at rail, draw circles with heels, turn feet out like a penguin• Testing for certificates by swimming teacher <p>Outcomes: Children to successfully achieve certificates</p> | <p>Beginners/ Less Competent Swimmers</p> <p>Some children will be unable to access the activities prescribed for the year group so will be in a separate group developing confidence in the water using the shallow pool</p> <p>Activities:</p> <ul style="list-style-type: none">• Walking, running and skipping across the pool• Gliding with float• Face in the water games• Holding the rail and kicking legs• Lying back in a woggle• Using a float under the tummy• Star fish float• Using a float stretched out in front and kicking legs• Splashing games• Retrieving the sunken hoop games | <p>More Advanced Swimmers</p> <p>Some children will be more competent and can be challenged further to improve.</p> <p>Activities:</p> <ul style="list-style-type: none">• Swimming lengths from the deep end to the shallower end• Picking up a sunken brick from deeper water• Swimming underwater through a large sunken hoop• Jumping into deeper water• Beginning a stroke with a dive• Treading water in the deep end• Beginning to use the butterfly swimming stroke |
| <p>Resources:</p> <p>Sefton Meadows swimming pool weekly swimming sessions for 8 weeks</p> <p>Floats, bricks, woggles, hoops</p> | | <p>Out of school links</p> <p>Bootle and North Liverpool Swimming Club</p> |