

# Knowledge Organiser: Swimming Developers Year 3 and Year 4

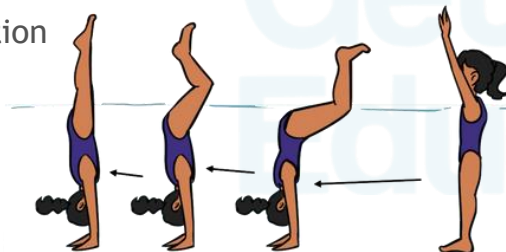


## Key Skills: Physical

- ◆ Submersion
- ◆ Floating
- ◆ Gliding
- ◆ Front crawl
- ◆ Backstroke
- ◆ Breaststroke
- ◆ Rotation
- ◆ Sculling
- ◆ Treading water
- ◆ Handstands
- ◆ Surface dives
- ◆ H.E.L.P and huddle position

## Key Skills: S.E.T

- ◆ Social: Communication
- ◆ Social: Supporting and encouraging others
- ◆ Social: Keeping myself and others safe
- ◆ Emotional: Confidence
- ◆ Thinking: Comprehension
- ◆ Thinking: Planning tactics



## Key Vocabulary:

- |                     |                   |                         |
|---------------------|-------------------|-------------------------|
| ● <i>sculling</i>   | ● <i>crawl</i>    | ● <i>breaststroke</i>   |
| ● <i>submersion</i> | ● <i>rotation</i> | ● <i>backstroke</i>     |
| ● <i>buoyancy</i>   | ● <i>survival</i> | ● <i>alternate</i>      |
| ● <i>huddle</i>     | ● <i>stroke</i>   | ● <i>treading water</i> |

## Glossary

**Body roll:** When a swimmer rotates their body from side to side.

**Glide:** When a swimmer coasts with a pause in their stroke.

**Stroke:** A style of swimming. There are four competitive strokes: butterfly, backstroke, breaststroke, freestyle.

**Sculling:** Using quick movements of the hands to keep the head above the water. Sculling can be done head first or feet first.

**Treading water:** A survival technique used to keep the head above the water.