

<b>What we already know (swimming stage 1):</b> <ul style="list-style-type: none"> <li>I can enter the water safely</li> </ul>	<b>Life skills – Swimming</b> <b>Green class</b>	<b>What's next (Swimming stage 1)?</b> <ul style="list-style-type: none"> <li>I can move forwards, backwards and sideways for a distance of 5 metres, feet may be on the floor</li> </ul>
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Outdoor Learning Golden Concepts				
Cross-curriculum/life skills	Learn through experience	Taking responsibility for their own learning	Develop free play through independence	Problem solve and become creative

Key Vocabulary	
Lifeguard	Keep on eye on people in the water and help when needed.
Swim	Moving through the water in different ways.
Float	Helps to keep relaxed when you start to become tired.
Kick	Kicking my legs in order to move forward.
Glide	Moving through the water without kicking or using my arms.
Splash	Making as little splash in the water as possible.
Stroke	Different ways of swimming – front crawl or back stroke.
Bubbles	Supports breathing underwater.

### What I will know by the end of the unit:

- I know that the word **swim** means to move through water by using your arms and legs, or sometimes my whole body. This could mean using different **strokes** in the water.
- I know that in swimming, **floating** happens when your body is balanced and supported by the water. This can be done by lying on your back, spreading your arms and legs, and relaxing.
- I know that blowing **bubbles** helps swimmers learn how to exhale underwater, which is an important part of swimming strokes.
- I know that in swimming you have to **glide** through water. This means to move smoothly as if you're sliding. In swimming, gliding happens when my body moves forward in the water without kicking.
- I know that I need to **kick** my legs when swimming in order to move. I also know that I want to make as little **splash** as possible in the water.
- I know that a **lifeguard** is a person trained to keep people safe in and around water. They watch over swimmers and help if someone is in danger, such as struggling to swim or drowning.

