

<b>What we already know (stage 3):</b> <ul style="list-style-type: none"> <li>Can push from a wall and glide on the back (optional with arms extended)</li> </ul>	<b>Life skill – swimming</b> <b>Purple class</b>	<b>What's next (Stage 4)?</b> <ul style="list-style-type: none"> <li>Can travel 10 metres on their front/back with feet off the pool 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

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

Key Vocabulary	
Front crawl	The front crawl is a swimming stroke commonly used in recreational swimming.
Backstroke	The backstroke is a swimming stroke performed on the swimmer's back.
Breaststroke	The breaststroke is one of the four main swimming strokes.
Water safety	Water safety refers to reducing the risk of drowning, injury, or accidents in or around water
Endurance	The ability to swim for extended periods or over long distances without fatigue.
Equipment	What you need order to swim, for example swimming costume.
Awareness	Knowing who is around you and the area available to you.
Pool rules	Looking for signs around the pool and following instructions from staff/lifeguards.
Breathing technique	Tilting your head to the side to inhale before your next stroke.

<p>I know that <b>front crawl</b> is one of the most common and efficient swimming strokes. Each stroke involves three phases:</p> <p style="padding-left: 40px;"><b>Catch:</b> The hand enters the water, fingertips first, in front of the shoulder.</p> <p style="padding-left: 40px;"><b>Pull:</b> The hand pulls down and back through the water, alongside the body.</p> <p style="padding-left: 40px;"><b>Recovery:</b> The arm exits the water and returns to the starting position.</p>
<p>I know that <b>backstroke</b> is a swimming stroke performed on the swimmer's back. Each stroke involves three phases:</p> <p style="padding-left: 40px;"><b>Catch:</b> The hand enters the water with the pinky finger first, above the shoulder.</p> <p style="padding-left: 40px;"><b>Pull:</b> The hand pulls down through the water in an "S" shape, moving past the hips to propel the body forward.</p> <p style="padding-left: 40px;"><b>Recovery:</b> The arm exits the water with the thumb leading and rotates outward as it recovers over the shoulder.</p>
<p>I know that <b>breaststroke</b> is a swimming stroke characterized by a frog-like motion, where both arms and legs move symmetrically. It's known for being slower but more energy-efficient compared to other strokes</p> <p style="text-align: center;">Each stroke has three phases:</p> <p style="padding-left: 40px;"><b>Out sweep:</b> The hands start in front of the chest and move outward, palms facing down and outward.</p> <p style="padding-left: 40px;"><b>Catch and Pull:</b> The hands sweep out and then pull back in toward the chest, creating propulsion.</p> <p style="padding-left: 40px;"><b>Recovery:</b> The hands come together in front of the chest and shoot forward to start the next stroke.</p>
<p>I know that <b>water safety</b> in swimming is essential to prevent accidents. It involves understanding how to stay safe in pools.</p>
<p>I know that <b>awareness</b> in swimming refers to a swimmer's understanding and mindfulness of their surroundings, my own abilities and safety factors while in or near water. I also know that this means being aware of the <b>pool rules</b>.</p>

