

Newquay Primary Academy – Summer Term 1 Sequence – P.E.



RECEPTION *Water Confidence*

Prior knowledge...

N / A

Pupils will acquire skills to enter the water safely, jump in, float, roll over, blow bubbles, swim, enter-turn-return, exit safely and recognise dangers.

Safety, safe entry, float, roll over, blow bubbles, goggles, swim hat, towel, help, swim, turn, safe exit, dangers, lifeguards

1. To be able to get changed into and out of swimwear with support and guidance. To be able to enter the water safely. Swim teachers to assess swimming ability of pupils.
2. To be able to enter the water safely and blow bubbles using the mouth and nose 3 times. To move 5m forwards and backwards.
3. To be able to identify three ways of how to be safe at the swimming pool. To float on front or back for 5 seconds, moving into to a standing position.
4. To be able to participate in teacher led games to increase water confidence.
5. To be able to kick 5m on their front and back (buoyancy aids allowed).
6. To practice all skills and reflect on the three learning outcomes (distance swimming, stroke development, water confidence and safety).

Pupils will be able to get changed with increasing independence. Pupils will be able to enter and exit the water safely. Pupils will be able to participate in water confidence activities.

YEAR 1 *Float – Swim – Be Safe*

Prior knowledge... Pupils will be able to get changed with increasing independence. Pupils will be able to enter and exit the water safely. Pupils will be able to participate in water confidence activities.

Pupils will develop and refine water confidence skills acquired in EYFS. Pupils will understand the concept 'float to live' and they will start to learn the techniques for individual swimming strokes.

Safety, safe entry, float, roll over, blow bubbles, goggles, swim hat, towel, help, swim, turn, safe exit, dangers, front crawl, back stroke, butterfly, breast stroke, lifeguards.

1. To be able to get changed into and out of swimwear with teacher prompts. To be able to enter and exit the pool safely. Swim teachers to assess the swimming ability of pupils.
2. To be able to float with and without buoyancy aids. Understand the concept of 'float to live'.
3. To be able to kick 5m on their front and back (with or without buoyancy aids).
4. To be able to participate in teacher led games to increase water confidence. To be able to identify 3 ways to be safe at the swimming pool and at the beach.
5. To swim aided or unaided with a developing understanding of the different strokes and the actions involved in them.
6. To swim aided or unaided for 5 metres. To practice all skills and reflect on the three learning outcomes (distance swimming, stroke development, water confidence and safety).

Pupils will be able to get changed with increasing independence. Pupils will be able to float (with or without a buoyancy aid). Pupils will be able to kick for 5m (with or without a buoyancy aid).

YEAR 2 *Float – Swim – Be Safe*

Prior knowledge... Pupils will be able to get changed with increasing independence. Pupils will be able to float (with or without a buoyancy aid). Pupils will be able to kick for 5m (with or without a buoyancy aid).

Pupils will be able to identify dangers associated with the water, they will have a developing understanding of water safety. Pupils will continue to develop and refine swimming strokes.

Safety, safe entry, float, roll over, blow bubbles, goggles, swim hat, towel, help, swim, turn, safe exit, dangers, front crawl, back stroke, butterfly, breast stroke, push and glide, diving, lifeguards, beach flags.

1. To be able to get changed into and out of swimwear with increasing independence. To be able to enter and exit the pool safely. Swim teachers to assess the swimming ability of pupils.
2. To be able to recognise dangers and hazards at the swimming pool and beach. To be able to verbalise ways to keep safe when near or in the water,
3. To develop swim strokes, looking at the arm and leg actions independently. This can be done with or without a buoyancy aid.
4. To develop swim strokes, looking at the arm and leg actions independently. This can be done with or without a buoyancy aid.
5. To be able to participate in teacher led games to increase water confidence. To be able to verbalise 'float to live', be able to float for 5 seconds.
6. To swim unaided for 5m using recognised arm and leg actions; competently, confidently and consistently. To practice all skills and reflect on the three learning outcomes (distance swimming, stroke development, water confidence and safety).

Pupils will be able to get changed independently. Pupils will be able to swim 5m (with or without a buoyancy aid). Pupils will have a developing understanding of the different swimming strokes and the actions involved in them.

INTENT

VOCABULARY / STICKY KNOWLEDGE

SEQUENCE OF LESSONS

OUTCOME / COMPOSITE