

## P.E.-Y1-Swimming-Spring Term

Key Vocabulary	Definition
Float	Rest on or near the surface of the water without sinking.
Glide	Move easily without stopping and without effort.
Current	A body of water moving in a definite direction.
Polluted	Unclean with harmful or poisonous substances.

### What I need to know?

Dangers to do with water include: it can be very cold, there can be hidden currents, it can be deep, it can be hard to get out, it can be polluted.

You should only go near water with an adult.

Know the pool safety rules.

Adam Peaty is a famous swimmer.

Ellie Simmonds is a famous Paralympic swimmer.

### By the end of this unit, I will be able to:

Enter and exit the water safely.

Jump in safely from the poolside.

Move forward, backwards and sideways for a distance of 5 m, feet may be on or off the floor.

Scoop the water and wash the face.

Be comfortable with water showered from overhead.

Move from a flat floating position on the front and the back and return to standing.

Push and glide in a flat position on the front and back from a wall.

Travel using a recognised leg action with feet off the pool floor on the front and on the back for 5 metres, without the use of floatation equipment.