



PE – Swimming

Key Learning

1. To know how to swim competently, confidently and proficiently over a distance of at least 25 metres.
2. To know a range of strokes and use them effectively e.g. freestyle, backstroke and breaststroke.
3. To know how to perform safe self-rescue in different water-based situations.

Vocabulary

Freestyle	A fast swimming stroke where you move your arms in a windmill motion and kick your legs up and down.
Breaststroke	A swimming stroke where both arms move in a circle at the same time while your legs do a frog kick.
Butterfly	A powerful stroke where both arms move together over the water and the legs do a dolphin kick.
Backstroke	A stroke where you swim on your back, moving your arms in circles and kicking your legs.
Kickboard	A foam board swimmers hold onto to practice their kicking without using their arms.
Goggles	Special glasses that protect your eyes and help you see underwater.
Float	When your body stays on top of the water without sinking.
Streamline	A straight body position with arms tight above your head that helps you swim faster after pushing off the wall.
Tread Water	Moving your arms and legs in the water to stay upright and keep your head above the surface.
Breathing	A way of timing your breaths while swimming so you don't get too tired and can swim smoothly.



Key Athletes

Rebecca Adlington

British swimmer earned Olympic gold medals for her country, specializing in long-distance freestyle. Her Beijing triumphs inspired a generation.

Adam Peaty

This British swimmer is an Olympic champion and world record holder in breaststroke. He revolutionized the stroke,



Breaststroke



Butterfly



Freestyle

