

**Key Concepts: Agility, Coordination, Balance, Performance, Fitness**

Learning Outcomes

	Acquiring and Developing Skills	Selecting and Applying skills, tactics and compositional skills	Knowledge and understanding of Health and Fitness	Evaluating and improving performance
Non-swimmers	To explore and use skills, actions and ideas individually and in combination To remember, repeat and link their actions To enter the water carefully, as taught To move around and across the pool, eg walking, running, hopping, with swimming aids and support To move on and below the surface, showing confidence and enjoyment in the water To begin to swim short distances of between 5 and 20 metres, using aids and later without them	To choose and use skills for different swimming tasks To improve the control and coordination of their bodies in water To use different arm and leg actions to propel themselves through the water, at first upright and then horizontal, using swimming aids and support To gradually coordinate these actions, so that they remain balanced and in control of their bodies To stretch out and keep afloat on the surface, using a number of body shapes	To know and explain the rules and routines that keep them safe near water To be able to take care of themselves and are aware of others in and around the swimming pool To know and describe the short-term effects of exercise on the body, and how it reacts to different types of activity To describe why swimming helps them to be fit and healthy	To watch, copy and describe what they and others have done, and to use the information to improve their work To copy and describe what they see in short demonstrations
Swimmers	To be able to consolidate and develop the quality of their skills To be able to swim on their front and back, using arm and leg actions together with smooth coordination To be able to control their breathing and are comfortable on the surface and under water, swimming fluently and with control when using back crawl, front crawl and breaststroke To be able to use personal survival techniques, including floating, sculling and surface diving To be able to swim for more than 45 seconds and further than 50 metres	To be able to choose, use and vary strokes and skills, according to the task and the challenge• To be able to use a variety of strokes and personal survival skills to suit the needs of a task To be able to recognise their own ability and the demands of different challenges, and choose safe and efficient ways to complete challenges successfully	To know and describe the short-term effects of exercise on the body, and how it reacts to different types of activity To describe why swimming helps them to be fit and healthy To be able to explain why their body reacts differently to swimming different distances and times To be able to describe how swimming affects their heart rate and breathing, and recognise that it is important to control their breathing when swimming	To be able to describe and evaluate the quality of swimming, and to recognise what needs improving To be able to identify aspects of their work that need improvement and suggest ways to practise To be able to realise that smooth swimming demands concentration and good control of arms, legs and breathing

