

Physical Education - Swimming

Please help your child with their learning by going through this fact sheet with them. They will be quizzed on this at the end of half term. We appreciate your support.

When getting into the pool safely, you should sit on the side and slide in.



This is called a star float.

Floats and arm bands can also help you when learning to swim.

You need to use both your arms and legs together when swimming.

When swimming on your back, it is called backstroke.



This swimming stroke is called front crawl.



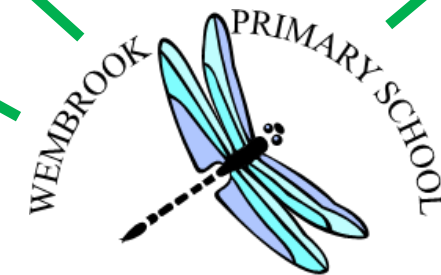
This swimming stroke is called breaststroke.

You should NEVER run on the side of the pool as it will be wet and slippery.

A life guard will always be on duty any time you are in the pool, including your swimming lessons.



This is called a noodle and can help you keep your head above the water.



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Key Vocabulary

- ⇒ **Swimming Stroke** - the co-ordinated movement of your arms and legs to move through the water. There are several different types of stroke.
- ⇒ **Life skill** - an ability to do something that is necessary to fully and safely live in the world.