**Year 4 P.E. Curriculum – Summer Term 1**

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| **Theme:** | | | | | | | |
| **Curriculum objectives** | | **Vocabulary** | | | | | **Links across the curriculum** |
| Swimming Sessions led by Harborough Leisure Centre Swim Coaches To develop a range of strokes effectively (front crawl, backstroke and breaststroke) To swim competently, confidently and proficiently over a distance of at least 25 metres. | | **Keyword** | Definition |  |  | |  |
| Front crawl | Swimming while facing down |  |  | |
| backstroke | Swimming while facing up |  |  | |
| Breaststroke | Facing downwards the swimmer moves both arms forward |  |  | |
| submersion | Going underwater |  |  | |
| Gliding | Smoothly moving through the water |  |  | |
| **Prior Learning:** | | | | **Future Learning:**    Sessions led by Harborough Leisure Centre Swim Coaches To develop a range of strokes effectively (front crawl, backstroke and breaststroke) To swim competently, confidently and proficiently over a distance of at least 25 metres. | | | |
| **Lesson Sequence** | **Key Knowledge** | | | | | **Key Skills** | |
| To develop and understand buoyancy and balance in the water | Social: To work with others to plan a strategy  Emotional: To be confident to learn new skills.  Thinking: To plan and decide on the best technique to swim with my noodle. | | | | | Breathe in for increased buoyancy | |
| To develop independent movement and submersion | Social: To swim safely around others.  Emotional: To show perseverance and determination to improve on my score.  Thinking: To plan on a route that avoids the catchers. | | | | | Take a big relaxed breath before submerging. | |
| To develop gliding and crawl legs | Social: To make safe decisions when creating an obstacle course.  Emotional: To work honestly when competing against others.  Thinking: To observe my partners technique and use this to provide them with feedback. | | | | | Stay in a streamlined shape | |
| To develop front crawl breathing | Social: To work safely around others.  Emotional: To try my best.  Thinking: To remember to breathe every six seconds. | | | | | Breath every three strokes | |
| To develop gliding and backstrokes | Social: To collaborate with others to achieve a set outcome.  Emotional: To try my best.  Thinking: To think tactically to overcome a task | | | | | Keep your hips lifted to keep your body close to the surface of the water. | |
| To develop rotation, sculling and treading water | Social: To enter the water safely ensuring the water is clear before I enter.  Emotional: To be aware of other people’s feelings and am inclusive when I play games.  Thinking: To understand how to use my body to scull, tread water and rotate. | | | | | Push the water towards and away from you using cupped hands | |