**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 strategyEmotional: 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 |