

PE Knowledge Organiser - Swimming



Front crawl



Butterfly



Back stroke



Breast stroke



By the end of KS2 we will learn how to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively e.g. front crawl, backstroke and breaststroke
- perform safe self-rescue in different water-based situations



Treading water is used to maintain a clear airway. It allows time to, look around, and then signal or shout to attract the attention of rescuers



Floating uses the natural buoyancy of the body to hold a stationary or near stationary position, whilst maintaining a clear airway, minimising energy loss.



Heat Escape Lessening Position (HELP) reduces heat loss in cold water.



Huddle -a group of people can huddle together to conserve body heat and support each other

Famous swimmers:
Adam Peaty



Rebecca Adlington



Famous Paralympic Swimmers:
Ellie Simmonds



Reece Dunn

