



Physical Education: Swimming

<b>Aspect</b>	<b>Non-swimmers &amp; beginners.</b>	<b>Developing &amp; competent swimmers</b>
<b>Acquiring &amp; Developing Skills</b>	Work with confidence in the water. Use skills & actions eg. use arms to pull & push, use legs to kick, hold breath under water. Remember & repeat skills,	Consolidate & develop skills, eg. front & back crawl, breast stroke, floating, survival skills. Improve linking actions.
<b>Selecting &amp; Applying Skills</b>	Choose skills for different tasks, eg. use arms to balance, know ow to push against water to move in a particular direction. Improve control & co-ordination. Swim up to 25m unaided.	Choose a variety of strokes & skills according to a challenge, eg. distance & time challenges. Swim up to 50m unaided, co-ordinating stroke & breathing.
<b>Evaluating &amp; Improving Performance</b>	Watch, copy & describe what they and others have done & use this to improve.	Describe & evaluate the quality of swimming & recognise what needs improving.
<b>Knowledge &amp; Understanding of Fitness &amp; Health</b>	Know swimming is a type of exercise & being active is fun & good for health.	Know & describe the short term effects of exercise on the body and how it reacts to different activities.