

## Knowledge Organiser: PE Year 7 Swimming

**CHECK THE RULES IN SWIMMING: <https://www.youtube.com/watch?v=FEWHheaQifs>**

### Key Skills

Key Words	Key points to being successful in the game	
<p><b>Types of Strokes</b></p> <p>Backcrawl –</p> <p>Frontcrawl –</p> <p>Breast stroke –</p> <p>Butterfly –</p>	<p>Front crawl shuttle swims with a partner</p> <p>Head back, long legs, over arm recovery<sup>[SEP]</sup></p> <p>Face in, bilateral breathing, flutter kick, over arm recovery</p> <p>Arms pull around and forward, legs kick out and around, breathing to the front<sup>[SEP]</sup></p> <p>Dolphin kick, undulating action from head, arms working simultaneously, breathing to front after every arm pull</p>	
<p><b>Skills –</b></p> <p>Floating –</p> <p>Push &amp; Gliding -</p> <p>Sculling –</p> <p>Surface dives –</p> <p>Treading Water -</p> <p>Rotation –</p>	<p>supine &amp; prone</p> <p>front &amp; back arms extended</p> <p>head first &amp; feet first</p> <p>head first &amp; feet first</p> <p>arms sculling, breaststroke legs</p> <p>horizontal and vertical, half &amp; full</p>	
<p><b>Stretch and Challenge Task:</b></p>	<p>Who is the local World and Olympic champion breaststroke swimmer?</p> <p>What are some of the world record times?</p>	<p>Key content and terms to learn:</p> <p><b>Streamlined position</b></p> <p><b>Bilateral breathing – this is breathing every odd number to each side.</b></p>

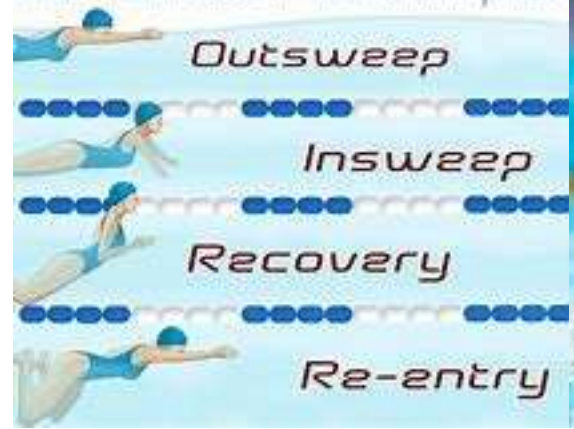
Entries	Slide, Jump, Straddle, Dive	Glide Propulsion
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Flags 5 metres from the wall help to stop swimmers doing backstroke from bumping their head!

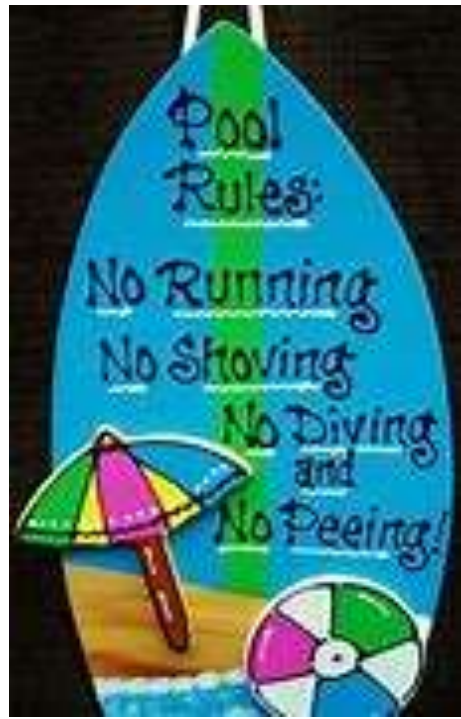
**Butterfly**

## Frontstroke Techniques:



Front crawl





## Personal Survival Task 3 – Treading Water



- Use both your arms and your legs.
- Keep your head up.
- Move your legs in a circular or kicking motion.

Practice to see how long you can tread water for, can you tread for a whole minute?

## Personal Survival Task 4 – Rescuing



- With a partner practice rescuing each other from the pool.
- One partner must lie on the side and use different rescue techniques.
- Remember to talk to your partner all the time when rescuing them.

Practice with a pole, just your arm or a ball, when you've had a go, swap around.