


## Knowledge Organiser: PE Swimming

### Key Skills

Key Words	Key points to being successful in the game	
Timed swim – Endurance - HELP – Treading Water – Safe Deep Water Entry- Surface dives – Reach Rescue - Throwing Rescue –	set distance in a specified time Increasing distance and adding clothing Learning the Heat Escape Lessening Position attracting attention straddle or slide Head & Feet first using clothing or pole Using ball or rope	Warm up – <b>Using the 4 x Life Saving strokes</b> Head up front crawl, Head up Breaststroke, Lifesaving Backstroke and Side stroke. 
Stretch and Challenge Task	Investigate use of beach flags on British Beaches <a href="https://www.falmouth.co.uk/wp-content/uploads/2015/10/RNLI.pdf">https://www.falmouth.co.uk/wp-content/uploads/2015/10/RNLI.pdf</a>	Key Content and Terms to learn: Non-swimmer, weak swimmer, injured swimmer – knowing the difference Keeping

	<a href="https://www.falmouth.co.uk/discover-falmouth/falmouth-for-families/know-your-beach-flags/">https://www.falmouth.co.uk/discover-falmouth/falmouth-for-families/know-your-beach-flags/</a>	ourselves safe in order to help others
	Look on the Royal Life saving Society UK (RLSS) website. Research about the risks of drowning.	<a href="https://www.rlss.org.uk/">https://www.rlss.org.uk/</a>

What does NPLQ stand for?

What age can you take this qualification?





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## Wade

Test the depth with a long stick before wading in and then use the stick to reach out. Hold on to someone else or the bank.

