



### 3i SHEET - INTENTION, IMPLEMENTATION, IMPACT

#### Subject: PE

#### Swimming at St Matthew's:

Autumn term: Year 5

Spring Term : Year 4

Summer Term: Year 6

<b>Swimming</b>	<u>Beginners ( Non-swimmers and developing swimmers)</u>	<u>Developing and competent swimmers</u>
Acquiring and Developing Skills	<p>Work with confidence in the water. Explore and use skills, actions and ideas individually and in combination. i.e. use arms to pull and push the water; use legs in kicking actions; hold their breather under water. Remember, repeat and link skills learnt.</p>	<p>Consolidate and develop the quality of their skills i.e. front crawl, back crawl, breaststroke, floating and survival skills.  Improve linking movements and actions together more fluently.</p>
Selecting and Applying Skills	<p>Know how to choose and use skills for different swimming tasks. i.e. using arms to stay balanced; knowing how to push against the water to move in a particular direction. Improve the control and co-ordination of their bodies in the water. Swim up to 25 m unaided, co-ordinating stroke and breathing.</p>	<p>Choose and use a variety of strokes and skills, according to the task and the challenge. i.e. swimming without aids, distance and time challenges.  Swim up to 50 m unaided, co-ordinating stroke and breathing.</p>
Evaluating and Improving Performance	<p>Know that swimming is a type of exercise and that being active is fun and good for health. Recognise and describe what their bodies feel like during different activities.</p>	<p>Know and describe the short term effects of exercise on the body and how it reacts to different types of activity.</p>
Knowledge and Understanding of Fitness	<p>Watch, copy and describe what they and others have done and use the information to improve their work.</p>	<p>Describe and evaluate the quality of swimming and recognise what needs improving.</p>