



Westacre Middle School PE Knowledge Web: Swimming

Skill Acquisition

Freestyle / Front crawl - This stroke is swum facing down into the water. Your feet perform a flutter kick technique as your arms rotate in alternate motion over your head and into the water.

Breast stroke - This basic stroke is great for beginners, making it one of the most popular styles. Your legs and arms perform the same motion, making it much simpler to learn.

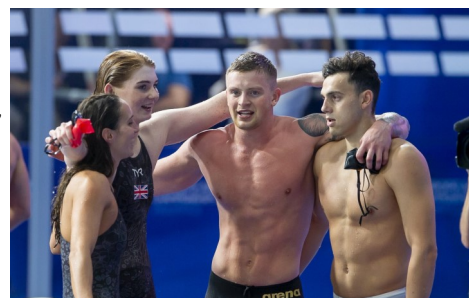
Butterfly – The technique uses an unusual body movement to move you through the water, with the legs moving as one and your arms swinging over your head together at the same time.

Backstroke - When swimming on your back, your legs move in an up and down flutter movement, while your arms execute alternating movements, moving them in a circular motion up and over your head.

Teamwork and Leadership

Swimming teams compete in a number of different relay races that vary in both the swimming type and the distance they have to swim.

Swim teams will generally compete against others. However, swim races are not just against one school. Generally, several schools will get

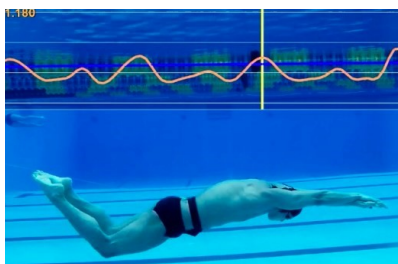


together to have a meet and participants will compete against up to 7 others. Each student will get a lane of their own to swim in. It is important to stay in your lane or you may get disqualified.

Performance Analysis

A biomechanical swimming analysis involves an in depth analysis of an individual's stroke. Over recent years physiotherapists and sport scientists have been using biomechanics to analyse swimming technique and this has become an essential part of swimming performance. Biomechanical analysis helps to fine tune a swimmer's stroke to cut off seconds in their performance, whilst maximising efficiency at the same time. The aim of a biomechanical swimming analysis is to:

- Improved efficiency
- Improved speed
- Reduced risk of injury
- Reduced Pain



Healthy Active Lifestyle

Swimming is a great workout because you need to move your whole body against the resistance of the water.

Swimming is a good all-round activity because it:

- keeps your heart rate up but takes some of the impact stress off your body
- builds endurance, muscle strength and cardiovascular fitness
- helps you maintain a healthy weight, healthy heart and lungs
- tones muscles and builds strength
- provides an all-over body workout, as nearly all of your muscles are used during swimming.

Year 5

Swimming is the only sport to be included within the national curriculum physical education programme of study. All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.

Each pupil is required to be able to do the following:

- Perform safe self-rescue in different water based situations
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.