



John Port Spencer Academy PE Department Knowledge Organiser



Activity: Swimming – Technical

Year: 7

Types of Strokes

- Backcrawl** – Head back, long legs, over arm recovery
- Frontcrawl** – Face in, bilateral breathing, flutter kick, over arm recovery
- Breast stroke** – Arms pull around and forward, legs kick out and around, breathing to the front
- Butterfly** – Dolphin kick, undulating action from head, arms working simultaneously, breathing to front after every arm pull

Skills –

- Floating** - supine & prone
- Push & Gliding** - front & back arms extended
- Sculling** – head first & feet first
- Surface dives** - head first & feet first
- Treading Water** - arms sculling, breaststroke legs
- Rotation** – horizontal and vertical, half & full

Entries – Slide, Jump, Straddle, Dive



Warm up task –

Stretching on poolside

Front crawl shuttle swims with a partner

Stretch and Challenge Task:

- Who is are local World and Olympic champion Breaststroke swimmer?
- Apart from the 4 main strokes, how many more can you name?
- Find out more at <https://www.britishswimming.org/>

Key Content and Terms to learn:

- Streamlined position**
- Bilateral Breathing**
- Glide**
- Sculling**
- Propulsion**