



Year 3 - Autumn - PE Knowledge Organiser

What I already know...

No prior learning is completed in school for swimming.

Children will arrive at school swimming with a full range of experiences from never having been in a pool or having low confidence in the water, to being able to confidently swim a range of strokes across the width of a pool.

Key Vocabulary

Width	The distance across the pool
Length	The distance from one end of the pool to the other.
Pool noodle	A float to support us when we learn to swim.
Float	A thing that doesn't sink in water, that we can use to help us swim.
Goggles	Things we wear to protect our eyes and allow us to see underwater
Stroke	The style that we use to swim.
Glide	Move smoothly in the water

What I will learn...

- That warming up and cooling down are important before and after physical activity
- The names and styles of different strokes:
- Breaststroke, Backstroke, Front Crawl, Butterfly.
- How to enter and exit the pool safely from sitting positions.
- How to jump into water safely
- How to turn or lift your head to breathe correctly during different strokes.
- The correct position for your arms and legs when pushing off the wall.



Making a difference at The Merton

Children take part in a swimming programme, led by swimming instructors at a local pool. We will push ourselves to do new and challenging things, as well as working to improve our skills, technique and speed.

Children will first build water confidence and see that swimming is an enjoyable activity. Alongside this they will learn about the potential dangers of water and why it is important to be safe and sensible whenever near it. They will work towards being able to swim widths using a range of strokes, being confident to swim independently and go underwater when appropriate.

Making a difference at home

Encourage your child to talk about their swimming lessons in a positive way. If you can, go swimming together and make it a fun experience.

Be inspired by some of the incredible, world and Olympic champions we have in the UK, such as Tom Dean, Adam Peaty, Ellie Simmonds and Freya Anderson.