

# KS1 Knowledge Organiser

## PE - Swimming

### Inspirational Athlete



### Rebecca Adlington

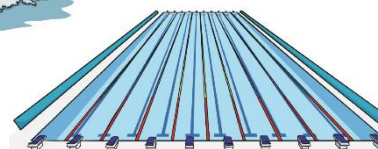
First Olympic swimmer since 1988. Won 2 gold medals at the 2008 Summer Olympics.



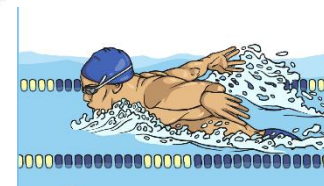
Freestyle



Backstroke



Breaststroke



Butterfly

### Key Vocabulary

Water	Distance
Strokes	Breathe
Afloat	Float
Tread	Kick
Swim	Confident

Can tread water independently for 30 seconds?

### End of Key Stage Expectations

- I am confident in the water.
- I can keep afloat in the water.
- I can move in the water.
- I can breathe when swimming.
- Can use my arms and legs to propel myself.
- I can swim some distance.
- I can move freely and independently under water.
- I can keep my head underwater for a short amount of time.
- I can get in and out of the pool correctly and safely.

