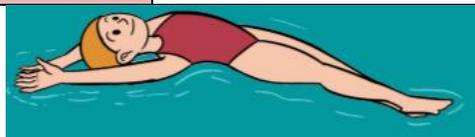


Year One Knowledge What will I know and do by the end of the unit?	
<p>Explain a pool rule that helps me to stay safe.</p> <p>float on my front and back.</p> <p>move and submerge confidently in the water.</p> <p>swim over a distance of 10m with a buoyancy aid.</p> <p>know and can demonstrate what to do if I fall into water.</p>	

What I will do:	
Physical Skills	<ul style="list-style-type: none"> • Float • Travel • Submerge • Kick with legs • Pull with arms • Glide
Social skills	<ul style="list-style-type: none"> • Co-operating • Supporting and encouraging
Emotional skills	<ul style="list-style-type: none"> • Confidence • Determination • Challenging myself
Thinking skills	<ul style="list-style-type: none"> • Creating actions • Using tactics



Year Two Knowledge What will I know and do by the end of the unit?	
<p>Begin to use arms and legs together to move effectively across the water.</p> <p>Demonstrate what to do if I fall into water.</p> <p>Float on my front and back.</p> <p>Glide on both front and back.</p> <p>Roll from my front to my back and then regain a standing position.</p> <p>Swim over a distance of 10m unaided.</p> <p>Know several pool rules and can explain how they help me to stay safe.</p>	



Vocabulary I will know:	
enter	rules
front	travel
kicking	exit
back	pulling
breathing	unaided
gliding	floating