St Andrew's Church of England Primary School

Year 1 Knowledge Organiser – Terms 5 and 6: PE: Swimming

Glossary of key words:

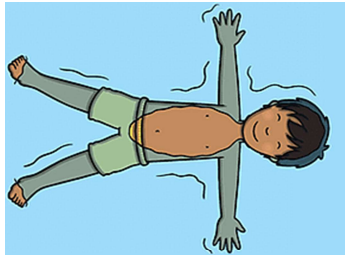
Vocabulary	Definition
enter water	To get into the swimming pool.
exit water	To get out of the swimming pool.
kick	To move your legs up and down in the water to make you move.
front	In the water, with your stomach towards the bottom of the pool.
back	In the water, swimming on your back with your head looking up.

What I will know at the end of this unit:

- How to enter and exit the water in the swimming pool safely.
- To listen for the lifeguard's whistle.
- To float in the water in a star shape.
- To move in the water on my front, I need to move both arms and kick my legs.
- My whole body should be near the top of the water to help me swim forwards.

This unit's key ideas:

→ Floating in a star shape.





← Swimming forwards on my front.