



All Saints CE Primary School and Nursery

Medium Term Planning



Class teacher: Mrs Korzeniewski

Year group: 4

Term: Spring

Subject: PE: Swimming (ongoing)

Lesson	Learning Goal (L.G.)	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science, Kapow French or Music, Purple Mash computing)	Key Vocabulary covered
1	LG: Move around the pool on feet in a variety of ways	PE Hub, Year 4, Swimming, Lesson 1	Swim, kick, front, back, arms, legs, lie on front, breath, splash, sculling, doggy, paddle, prone, supine, glide, stroke, float, pace.
2	LG: To lift feet from the ground while supported	PE Hub, Year 4, Swimming, Lesson 2	
3	LG: Move forward consistently covering a distance of 5-10m	PE Hub, Year 4, Swimming, Lesson 3	
4	Place face in the water and hold breath for several seconds	PE Hub, Year 4, Swimming, Lesson 4	
5	Float in prone position side/float	PE Hub, Year 4, Swimming, Lesson 5	

6	Float in the supine position	PE Hub, Year 4, Swimming, Lesson 6	
7	LG: Swimming a short distance on the back with a float.	PE Hub, Year 4, Swimming, Lesson 7	
8	LG: Push and glide on front with float	PE Hub, Year 4, Swimming, Lesson 8	
9	LG: Use the sculling technique to move back	PE Hub, Year 4, Swimming, Lesson 9	
10	LG: Swimming on the front using doggy paddle	PE Hub, Year 4, Swimming, Lesson 10	
11	LG: Push from side and transition in to doggy paddle	PE Hub, Year 4, Swimming, Lesson 11	
12	Attempt a max effort swim for time or distance on back and front.	PE Hub, Year 4, Swimming, Lesson 12	