



All Saints CE Primary School and Nursery

Medium Term Planning



Class teacher: Mrs Seaman Year group: 4 Term: Autumn Subject: PE: Swimming

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: Swim as part of a group relay	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: Perform a mushroom float for a sustained period of time	PE Hub, Year 4, Swimming, Lesson 2	
3	LG: Use the correct position for effective backstroke	PE Hub, Year 4, Swimming, Lesson 3	
4	Perform and perfect a crouching dive	PE Hub, Year 4, Swimming, Lesson 4	
5	Swim, surface dive and move objects without stopping	PE Hub, Year 4, Swimming, Lesson 5	

6	Tread water and use a rescue aid.	PE Hub, Year 4, Swimming, Lesson 6	
7	LG: to tumble turn and link a swim stroke	PE Hub, Year 4, Swimming, Lesson 7	
8	LG: use breaststroke arms fluently	PE Hub, Year 4, Swimming, Lesson 8	
9	LG: use observation skills to improve technique	PE Hub, Year 4, Swimming, Lesson 9	
10	LG: link lengths together with a tumble turn	PE Hub, Year 4, Swimming, Lesson 10	
11	LG: enter the water keeping our head out.	PE Hub, Year 4, Swimming, Lesson 11	
12	LG: competition finish to finish well in a race.	PE Hub, Year 4, Swimming, Lesson 12	