Autumn Term Curriculum 2022

Year 5/6 Essential Knowledge

| **PE: Swimming** |
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| ***Connected Knowledge***<br>• **How to enter and exit the water safely**<br>• **How to use different strokes:**<br>➢ front crawl<br>➢ backstroke<br>➢ breaststroke<br><br>***New Knowledge Y5/6***<br>**1. How to use different strokes to swim 25m competently, confidently and proficiently:**<br>• front crawl<br>• backstroke<br>• breaststroke<br>**2. How to perform safe self-rescue in different water-based situations** |