

## Swimming 7- Knowledge Organiser

Level body position

Continuous alternating leg kick

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Continuous alternating arm action

Regular breathing to the side

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One arm exits the water as the other begins to pull and the leg kick remains continuous

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Body position starts with hands and feet together

Pull, breathe, kick, glide sequence is performed

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Swimmer returns to original body position.

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Legs kick downwards as the hands catch and begin to pull

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Legs kick again as the arms pull through to the thighs

Swim 25 m front crawl, backstroke, breaststroke and butterfly.

### Self-rescue

Floating on back

Treading water while signalling for help.

Holding a buoyant object tuck knees to keep warm.

Conserve energy while swimming to a buoyancy aid.



### Understand and demonstrate

#### Water Safety Code



the water safety code.