

Knowledge Mat – Swimming

Subject Specific Vocabulary		Swimming	Important Knowledge
freestyle	Also known as the forward crawl. Swim on stomach, reaching arms and small flutter kicks.		<ul style="list-style-type: none"> <input type="checkbox"/> I can swim at least 25 meters. <input type="checkbox"/> I can swim competently, confidently and proficiently over a distance of at least 25 meters. <input type="checkbox"/> I can use a range of strokes effectively. <input type="checkbox"/> I can perform safe self-rescue in different water based situations. <input type="checkbox"/> I can perform front crawl by entering each arm into the water then pulling back to the 'pocket'. <input type="checkbox"/> I can kick my legs slightly under the water level in front crawl and back stroke. <input type="checkbox"/> I can breathe every 2-4 strokes when performing front crawl. <input type="checkbox"/> I can ensure my arms enter the water little finger first in back stroke. <input type="checkbox"/> I can perform the correct arm action in breast stroke. <input type="checkbox"/> I can perform the correct leg action in breast stroke.
backstroke	Swim on your back, with long straight arms and a small flutter kick.		
breaststroke	Swim on stomach, with a narrow "frog kick". Breathe on every stroke.		
float	To rest on the surface of the water without sinking. Usually in a star shape.		
streamlined	Swimming in a way that increases speed and ease of movement.		
glide	To move with smooth, continuous motion.		
sculling	Using quick horizontal movements of the hands in the water to maintain your head above the water surface.		
inhale	Breathe in		
exhale	Breathe out		
surface	The top of the water		