







# Knowledge Mat – Swimming

Subject Specific Vocabulary		Swimming	Important Knowledge
<b>freestyle</b>	Also known as the forward crawl. Swim on stomach, reaching arms and small flutter kicks.		<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.
<b>backstroke</b>	Swim on your back, with long straight arms and a small flutter kick.		
<b>breaststroke</b>	Swim on stomach, with a narrow "frog kick". Breathe on every stroke.		
<b>float</b>	To rest on the surface of the water without sinking. Usually in a star shape.		
<b>streamlined</b>	Swimming in a way that increases speed and ease of movement.		
<b>glide</b>	To move with smooth, continuous motion.		
<b>sculling</b>	Using quick horizontal movements of the hands in the water to maintain your head above the water surface.		
<b>inhale</b>	Breathe in		
<b>exhale</b>	Breathe out		
<b>surface</b>	The top of the water		