



Knowledge Organiser KS3 PE

Year

Y7

Activity

Swimming

Skills

Front crawl:

- Body position:
 - Streamlined position – straight and flat in the water
- Leg kick:
 - from the hip
 - continuous and alternating
 - ankles relaxed with toes pointed
 - a slight knee bend occurs
- Arm action
 - Thumb enters the water first
 - Reach forward under the surface of the water and then pulls back towards your hip
 - Elbow exits the water first
- Breathing
 - Head rolls to the side
 - Breathe every two arm pulls – unilateral breathing
 - Breathe every three arm pulls – bilateral breathing

Skills

Diving:

- Hands one on top of the other
- Arms straight 'hugging' your ears
- Chin on chest
- Feet one in front of the other
- Bend at the waist
- Drive forward with legs ensuring your hands enter the water first

Surface Dive:

- When in the water tuck up by putting your head down towards your knees
- When upside down open up and swim down to the bottom

Fitness

Stamina is the most important component of fitness which is the ability to continue over a long period of time

