



# Knowledge Organiser KS3 PE

Year

Y9

Activity

Swimming

## Skills

Breaststroke:

- Body position:
  - Streamlined position – straight and flat in the water for the glide
  - During the kick body is slightly inclined
- Leg kick:
  - Knees draw up and out with feet flexed and toes pointing outwards
  - Feet circle outwards like a frog and then pull together when they are straight for the glide
- Arm action
  - Arms move outwards first and then backwards and downwards
  - Hands then come together under the chest and then push forward into the glide

## 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

