

PE · Y2–Y6

Swimming & Aquatics

Knowledge Organiser — KS2

The four main strokes

1

Front crawl (freestyle)

Most common competitive stroke. Alternating arm pulls and flutter kick. Head turns to breathe every 2-3 strokes. Body rotates slightly.

Example: Fastest stroke for most swimmers

2

Breaststroke

Simultaneous arm pull (forward then outward sweep), frog kick (both legs simultaneously). Head lifts to breathe. Slowest competitive stroke but most natural for beginners.

3

Backstroke

Like front crawl but on the back. Alternating arms, flutter kick. Head stays still looking upward. Breathing is easier — face stays above water.

4

Butterfly

Most demanding stroke. Both arms pull simultaneously, dolphin kick (both legs together). Requires strong core and coordination. Taught last.

Curriculum swimming requirements

By end of primary school, pupils should

- 1. Swim competently, confidently, and proficiently over a distance of at least 25 metres
- 2. Use a range of strokes effectively — at least front crawl, backstroke, and breaststroke



- 3. Perform safe self-rescue in different water-based situations

- WATER SAFETY: NEVER swim alone; always swim with a lifeguard present; know how to float on back to conserve energy; know how to call for help; understand rip currents and cold water shock

- PERSONAL SURVIVAL SKILLS: treading water; floating on back; survival stroke (minimise movement to conserve heat)

- If a child is unable to swim 25m by end of Year 6, schools must provide additional provision

