



Knowledge Organiser KS3 PE

Skills

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Fitness

Year

Y8

Activity

Swimming

Back stroke:

- 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 exits the water first
 - Rotates up and back
 - Little finger enters the water first
 - Arm pulls down towards the hip
 - Shoulders roll slightly

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

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

