



EduTrend Contents

W4C · WATER SPORTS · PRIMARY

Front Crawl Foundations

Body position, kick, arms and breathing

Ages 8–11

Level: Developing

45 minutes in
the pool

Small groups with
qualified instructors

Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

Front Crawl Foundations

With qualified swimming teachers and lifeguard cover, pupils practise a streamlined push and glide, a flutter kick with a float, the arm action of catch, pull and recovery, and breathing to the side. They combine the parts into a short front crawl swim and set a personal target.

Learning outcomes

By the end of the session pupils can:

- hold a streamlined body position;
- kick from the hips with a flutter kick;
- use the front crawl arm action;
- breathe to the side in rhythm.

KEY WORDS

streamline · glide · flutter kick · catch · pull · recovery · breathing · stroke

CURRICULUM LINKS

PE: swimming. Science: forces, water resistance and floating. Maths: timing and distance.

1

PREPARE

Kit, rules and checks

2

LEARN

Skill or idea

3

PRACTISE

Try it safely

4

APPLY

Game or challenge

5

REFLECT

What did we learn?

6

STAY SAFE

Rules to remember

Equipment

- Swimming pool with qualified teachers and lifeguard
- Kickboards and pull buoys
- Goggles
- Lane ropes and poolside cones
- Worksheets 1, 2 and 3

Before the session

- Confirm qualified swimming teachers and lifeguard cover.
- Check pupils' ability groups and medical needs.
- Agree pool rules and signals.
- Prepare equipment.

SAFETY

Only with qualified teachers and a lifeguard. Group by ability and depth. Clear entry and exit rules. Count pupils in and out.

ACTIVITY 02 · SESSION PLAN

Step by step

Teach parts in isolation before joining them: a good streamline makes every other skill easier.

Time	What happens	Say or ask
0–5 min Poolside	Rules, signals and warm-up.	<i>"What is our stop signal?"</i>
5–12 min Streamline	Push and glide in a streamlined shape.	<i>"How far can you glide?"</i>
12–22 min Kick	Flutter kick with a kickboard.	<i>"Where does the kick come from?"</i>
22–35 min Arms and breathing	Catch, pull, recovery; turn head to breathe.	<i>"When do you breathe?"</i>
35–45 min Full stroke	Swim short distances; set a target.	<i>"Which part will you practise?"</i>

CHALLENGE CARD (print or copy onto the board)

Swim front crawl for your target distance using a streamlined body, a steady kick and breathing to the side.

ACTIVITY 02 · FACILITATOR NOTES

The water know-how in brief

Water is much denser than air, so it resists movement. A long, flat, streamlined body reduces drag, which is why swimmers push off in a narrow shape with arms stretched above the head.

In front crawl the legs kick from the hips with fairly straight legs, while each arm enters in front, catches the water, pulls back under the body and recovers over the surface. Swimmers turn the head to the side to breathe, often every two or three strokes.

Common ideas to listen for

- “Kick from the knees.” The kick starts at the hips.
- “Lift your head to breathe.” Turn it to the side instead.
- “Faster arms mean faster swimming.” Long, strong pulls are more efficient.

Adapting the activity

Support

Use a kickboard or pull buoy; practise breathing at the side of the pool.

Stretch

Practise bilateral breathing every three strokes.

WORKSHEET 1

Stroke parts

Name: _____

Class: _____ Date: _____

Write a key tip for each part.

Front crawl

Part	Key tip
Body position	
Kick	
Arms	
Breathing	

WORKSHEET 2

My swims

Record your swims.

Log

Swim	Distance	What went well
1		
2		
3		
4		

WORKSHEET 3

Reflection

Set your next target.

My best part today

My next target

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Streamlined position	Effective kick	Rhythmic breathing

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Front Crawl Foundations is a sample activity from the EduTrend Contents W4C Water Sports programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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