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# The Four Swimming Strokes You Learn in PE

**KS3** Ages 11-14 ⌚ 3 min read

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## Why Learn Swimming Strokes?

**Swimming** is one of the most important life skills you can learn. In PE lessons, you don't just splash around—you learn proper **techniques** that help you swim faster, further, and most importantly, safer. There are **four main strokes** that every student learns in KS3 PE: **front crawl**, **breaststroke**, **backstroke**, and **butterfly**.

## Front Crawl

**Front crawl** is the fastest and most popular swimming stroke. It's what you see swimmers doing in the Olympics. Your body lies flat in the water facing down, and you move your arms in a windmill pattern while kicking your legs. Your head turns to the side to breathe. This stroke uses lots of energy but gets you moving quickly through the water.

Think of it like riding a bike pedalling fast—your arms are the pedals spinning around, and your legs are keeping you balanced.

## Breaststroke

**Breaststroke** is easier to learn than front crawl because your head stays above water most of the time. Your arms push outward and then pull back toward your chest, while your legs do a frog-kick. It's slower than front crawl but much easier on your body and great for swimming long distances.

Think of it like a frog jumping through water—your legs do a bouncy kick, and your arms do a pushing motion.

## Backstroke

**Backstroke** is unique because you swim on your back, facing upward. Your arms move in a windmill motion like front crawl, but you kick your legs while lying on your

back. The big advantage? You can see where you're going behind you, and you always know where the edge of the pool is. It's great for building arm strength.

## **Butterfly**

**Butterfly** is the hardest stroke to learn. Both arms move together in a wave-like pattern, and both legs move together in a dolphin kick. Your whole body moves like a dolphin swimming. It's beautiful to watch but takes lots of practice and strength.

Think of it like a dolphin moving through the ocean—your whole body moves in smooth, flowing waves.

Learning all **four strokes** helps you become a confident, capable swimmer who can handle different water situations safely.