

Splish Splash: Exploring Swimming

Learning objective: To recall and understand key facts about swimming and to apply knowledge of safety and techniques.

Match the swimming activity with its correct description. Write the correct letter in the box provided.

Word bank: Crawl · Backstroke · Breaststroke · Diving Board · Swim Cap · Floating · Kicking

1. Which stroke is good for beginners? (1 mark)

2. What do you wear on your head to protect your hair when swimming? (1 mark)

3. Which safety equipment is usually found at the side of a swimming pool? (1 mark)

4. What do you do when you want to swim fast? (1 mark)

5. Which stroke involves using your arms and legs in a breast-like motion? (1 mark)

6. What do you do before getting into a swimming pool? (1 mark)

7. Which stroke involves moving your arms in a wave-like motion? (1 mark)

Draw: Draw a picture of a person performing the breaststroke. Remember to show the movement of their arms and legs.



Extension challenge: Imagine you are a swimming instructor. Write a short lesson plan to teach children how to swim the breaststroke. Include safety tips and steps to follow.