

Splish Splash Swimming Quiz

Learning objective: To recall and apply knowledge about swimming, safety and water skills.

Read each question carefully and choose the correct answer. Good luck!

When learning to swim, it's essential to follow basic safety rules. Always swim with a grown-up nearby. Never swim alone in open water. If you see someone struggling in the water, shout for help and throw a flotation device to them. Always try to stay calm and follow instructions from the lifeguard.

Word bank: stroke · safety · float · dive · rescue · synchronize · stroke

1. What is the first thing you should do if you see someone struggling in the water? A) Throw a rope to them B) Shout for help and throw a flotation device C) Try to swim to them D) Call a lifeguard (1 mark)

2. How many strokes do most people use when swimming a length in a competition? *A) One stroke B) Two strokes C) Four strokes D) Many strokes (1 mark)

3. What is the correct way to get out of a pool? *A) Jump B) Crawl C) Walk D) Dive (1 mark)

4. True or False: You can breathe in with your nose and out with your mouth while swimming. (1 mark)

5. What is the name of the movement a swimmer makes with their arms, pushing the water backwards? (1 mark)

6. What is the purpose of wearing armbands when swimming? (1 mark)

7. What should you do if you get a cramp while swimming? (1 mark)

8. What is the correct breathing technique when doing a forward dive? (1 mark)

9. True or False: It's always safe to swim in rivers. (1 mark)

10. What is the name of the person who looks after the pool and makes sure everyone is safe? (1 mark)

11. What should you do if you see someone swimming too far out from the shore? (1 mark)

Draw: Draw a picture of you swimming in the pool, with your favourite swimming stroke and a lifeguard nearby.



Extension challenge: Research different types of swimming strokes and create a poster to show your favourite one.