

Class 4 Swimming Assessment

Learning objective: To demonstrate understanding of the importance of swimming and basic swimming strokes.

Read each question carefully and answer in complete sentences. Show your working for calculations.

Word bank: stroke · pool · float · tread · dive · breaststroke · backstroke · butterfly

1. What is the main reason for learning to swim? (2 marks)

2. Describe the basic movement of breaststroke. (3 marks)

3. What safety precautions should be taken when entering a swimming pool? (3 marks)

4. Explain why it's essential to breathe correctly while swimming. (4 marks)

5. Compare the movements of front crawl and backstroke. Which one do you find easier? (4 marks)

6. How can you improve your swimming strokes? (2 marks)

7. What is the difference between the terms 'dive' and 'jump' in swimming? (2 marks)

Draw: Draw a simple diagram showing the basic strokes of swimming, including front crawl and backstroke. Label each stroke and include a caption explaining the main movement.



Extension challenge: Imagine you are teaching a beginner to swim. Write a short step-by-step guide (about 100-150 words) explaining how to get them started with a basic stroke. Remember to include safety advice and encourage them to keep practising. Total: /25