

Class 4 PE Flashcards: Swimming

Learning objective: Understand the key concepts of swimming and its benefits

What is the most common stroke in competitive swimming?

freestyle

What do you do when you need to breathe in while swimming freestyle?

turn your head to the side

What is the name of the stroke where you move your arms in a wide circular motion?

breaststroke

Why is it essential to learn how to float in swimming lessons?

to stay afloat and conserve energy

What is the term for jumping into the water from a platform or the side?

diving

What is the primary muscle group used for the backstroke?

back muscles

What is the name of the stroke where you move your arms in a butterfly-like motion?

butterfly