

Splish Splash: All About Swimming

Get ready to dive into the world of swimming! Can you splash your way to becoming a swimming superstar?

- What is the most important thing to remember when swimming in a pool?
- What is the name of the swimming stroke that involves kicking your legs and moving your arms in a circular motion?
- Why is it essential to learn how to float when swimming?
- What is the name of the swimming stroke that involves moving your arms and legs in a fast, fluttering motion?
- How often should we practice swimming to stay safe and healthy?
- What should you do if you get tired while swimming?

Did you know? Did you know that swimming can help you build strong muscles and a healthy heart? Regular swimming can even improve your mood and reduce stress!

Key vocabulary: stroke · pool · float · kick · breaststroke · butterfly