

Swimming Fact File

Learning objective: To understand basic facts about swimming and the four stages of learning to swim.

Complete the fact file by writing the information in the boxes provided.

When you go to a swimming pool, you will learn to swim by following four stages.

Stage 1: Getting Comfortable in the Water

Stage 2: Floating and Recovering

Stage 3: Kicking and Arm Movement

Stage 4: Putting it All Together - Swimming!

Here is some information about each stage.

Word bank: stroke · float · kick · arm · leg · swim · pool · stroke

1. What is the first stage of learning to swim? (1 mark)

2. Describe what happens at Stage 2 of learning to swim. (2 marks)

3. What must you do in Stage 3 of learning to swim? (1 mark)

4. What is the final stage of learning to swim? (1 mark)

5. Why do you need to learn to swim? (2 marks)

6. What is the name of the place where you learn to swim? (1 mark)

7. What are the two movements you use to help you swim? (1 mark)

Draw: Draw a picture of yourself learning to swim, showing the different stages you go through.

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the upper half of the page below the drawing instruction.

Extension challenge: Imagine you are teaching a friend how to swim. Write a list of instructions to help them learn.