

Finn's Aquatic Adventure: Mastering Swimming Safety

Learning objective: To understand water safety, identify key swimming strokes, and justify the importance of personal survival skills in different environments.

Finn the dolphin is helping us prepare for our swimming gala! Read the scenarios below and use the word bank to fill in the blanks. Then, answer the deeper thinking questions to demonstrate your understanding of water safety and technique.

Word bank: buoyancy · treading water · breaststroke · shallow end · lifeguard · hydrodynamics

1. Finn explains that if you are tired in deep water, you should use the technique of _____ to keep your head above the surface. Explain why this is a vital skill for personal survival. (2 marks)

2. When entering a pool, why must we always check the depth markers and ensure we are in the _____ before diving or jumping? (2 marks)

3. Compare and contrast: How does the streamline position in _____ help a swimmer move more efficiently through the water compared to a relaxed doggy-paddle? (2 marks)

4. Justify your answer: Why is it essential to follow the instructions of a _____ at all times, even if you are a confident swimmer? (2 marks)

5. Explain why _____ is a scientific principle that helps objects (and people) float. How does this change if you are wearing a life jacket? (2 marks)

6. What might happen if a swimmer ignores water safety flags at a beach? Describe the potential risks and how to stay safe. (2 marks)

Draw: Draw a diagram of a swimming pool. Label the shallow end, the deep end, the _____ emergency exit, and the position where a lifeguard would be stationed to observe the water.



Extension challenge: Design a colourful 'Water Safety Poster' for your school. Your poster must include three clear, original rules for staying safe at the local swimming pool. Use persuasive language to encourage your classmates to be responsible swimmers.