

Year 4 Swimming Proficiency Assessment

Learning objective: To demonstrate knowledge of water safety, swimming strokes, and the importance of physical fitness in aquatic environments.

Read each question carefully. Answer in full sentences where required. Ensure your handwriting is clear and neat.

Finn the dolphin is an expert at navigating the ocean. He explains that to be a strong swimmer, you must understand how your body moves through the water. Whether you are performing the front crawl or the breaststroke, maintaining a flat body position helps you glide efficiently. Just as importantly, knowing how to stay safe near the pool or the sea is the most vital skill a swimmer can have.

Word bank: buoyancy · hydrodynamic · treading water · safety flags · lifeguard · stamina · streamline · respiration

1. Identify two pieces of safety equipment you might find at a public swimming pool and explain how they help keep swimmers safe. (2 marks)

2. What does it mean to have 'good body position' in the water? Use the term 'streamline' in your explanation. (2 marks)

3. Explain why it is important to warm up your muscles before you begin a swimming session. (2 marks)

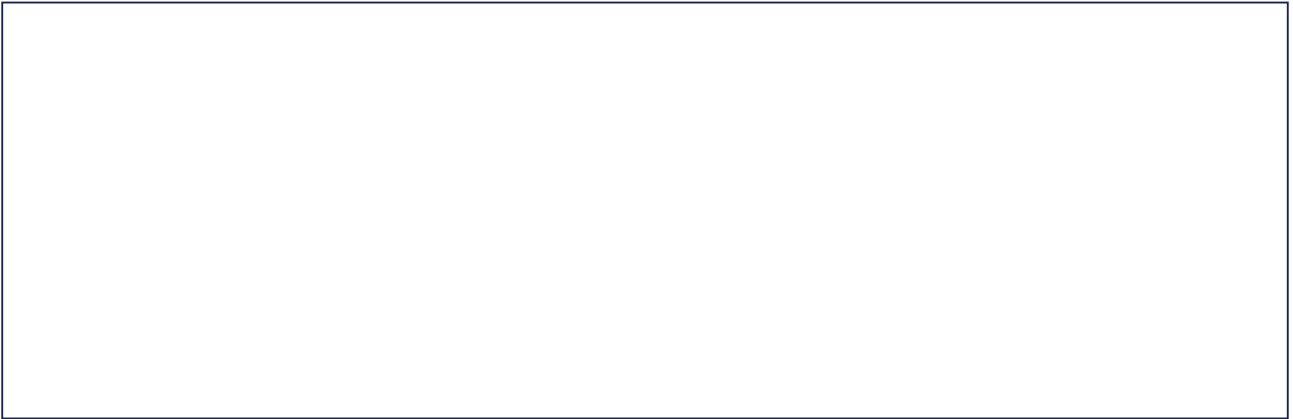
4. Describe the technique of 'treading water'. In what emergency situation might this skill be necessary? (3 marks)

5. Compare and contrast the front crawl and the breaststroke. Which stroke do you think is more efficient for long distances and why? (4 marks)

6. If you were designing a new swimming pool, what three safety features would you include to ensure the environment is secure for Year 4 children? Justify your choices. (4 marks)

7. Imagine you are teaching a younger child how to be safe near water. Write a short guide (approx. 80-100 words) explaining three 'Golden Rules' of water safety. Include why each rule is essential for survival. (8 marks)

Draw: Draw a diagram of a swimmer in a 'streamline' position. Label the parts of the body that should be kept straight to reduce water resistance.



Extension challenge: Greater Depth Challenge: What might happen if a swimmer does not maintain buoyancy while attempting a rescue? Explain the relationship between body density and floating. Total: /25