

# Swimming Safety and Skills Assessment

*Learning objective: To show understanding of swimming safety, strokes, and personal survival in water.*

Read each question carefully. Use the word bank at the bottom to help you. Write your answers on the lines provided.

Finn the dolphin loves the water. Finn knows that to stay safe, he must always follow the rules. When we go swimming, we must listen to the adult in charge. We walk, not run, on the poolside. We always check how deep the water is before we get in.

*Word bank: goggles · float · safety · water · shallow · teacher · lifeguard*

**1. 1. Why should you always walk on the poolside instead of running? (2 marks) (2 marks)**

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**2. 2. Who is the person at the pool whose job it is to keep everyone safe? (1 mark) (1 mark)**

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**3. 3. Name two pieces of equipment that can help you stay safe or feel more confident in the water. (2 marks) (2 marks)**

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**4. 4. If you see someone struggling in the water, what is the first thing you should do? (3 marks) (3 marks)**

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**5. 5. Think about a time you went swimming. Describe two rules you followed to stay safe. (4 marks) (4 marks)**

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**6. 6. Imagine you are teaching a friend how to be safe at the pool. Write a short guide with 3 important rules. (5 marks) (5 marks)**

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**7. 7. How do you know which part of the pool is safe for you to stand in? (4 marks) (4 marks)**

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**8. 8. Why is it important to learn how to float? (4 marks) (4 marks)**

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**Draw: Draw a picture of yourself following a safety rule at the swimming pool, such as listening to the teacher or using a float.**



*Extension challenge: Total: /25. Challenge: Write one sentence about why we should never swim alone.*