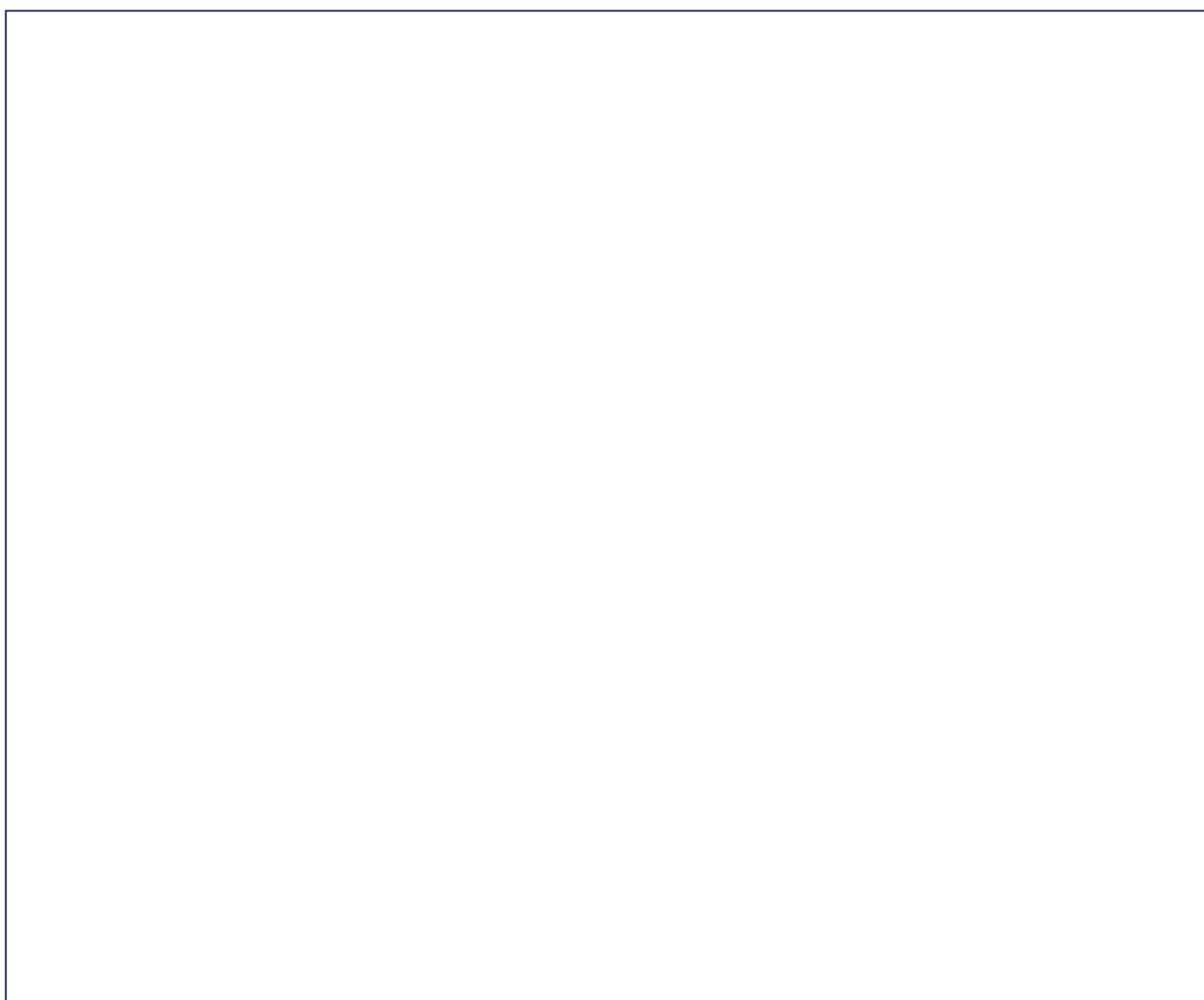


Finn's Swimming Strokes and Safety Sketchbook

Learning objective: To identify and illustrate key swimming strokes and safety equipment used in a pool environment, demonstrating an understanding of how to move efficiently and stay safe in water.

Use the drawing area below to create a detailed scene at your local swimming pool. Include Finn the dolphin, who is visiting the pool to coach his friends on their technique. Ensure you include the safety items listed in the word bank and label the different swimming strokes you choose to draw.

Draw: Draw a large, clear swimming pool scene. Include Finn the dolphin standing on the side of the pool wearing a whistle. In the water, draw children performing at least two different swimming strokes. Include a lifeguard chair in the corner and various pieces of safety equipment (like kickboards or buoyancy aids) on the side. Use a colourful, illustrative style with clear labels pointing to your drawings.



Label words: Front crawl · Breaststroke · Backstroke · Buoyancy aid · Goggles · Lifeguard chair · Kickboard · Lane ropes

Steps:

1. Identify two pieces of equipment from the word bank that help a swimmer stay afloat or improve their technique. Explain why these are important for a beginner.
2. Compare and contrast the arm movements of front crawl and breaststroke. How do these movements

differ in terms of water resistance?

3. What might happen if a swimmer does not follow the pool's safety rules, such as 'no running on the poolside'? Justify your answer.

4. Label the lifeguard chair in your drawing and explain why the lifeguard's position is essential for pool safety.

5. If you were teaching a friend to swim, which stroke would you introduce first and why? Give a reason based on ease of breathing.

6. Explain why it is important to keep your body horizontal (flat) in the water when performing the front crawl.