

Swimming Skills and Water Safety with Finn the Dolphin

Learning objective: To understand key swimming techniques, terminology, and vital water safety rules as part of the Year 4 PE curriculum.

Read the front of each flashcard and see if you can recall the definition. Then, check the back to see if you were correct. Use these to test your knowledge of swimming strokes and pool safety.

What is 'Buoyancy'?

The ability or tendency of an object or person to float in water.

What does a 'Streamline' position look like?

A body position where arms are stretched above the head, hands are clasped, and the body is held straight to reduce water resistance.

Define 'Flutter kick'.

A swimming technique using alternating, rhythmic up-and-down leg movements, often used in front crawl.

What is 'Treading water'?

Staying in a vertical position in deep water by moving the legs and arms to keep the head above the surface.

What is the purpose of 'Sculling'?

Moving the hands back and forth in a figure-eight motion to create lift and keep the body stable or moving in the water.

What are the 'Personal Survival' skills?

Techniques used to stay safe in water, such as floating on your back, signaling for help, and conserving energy until rescue arrives.

Why must you always 'walk, don't run' on the poolside?

The floor is often wet and slippery; running increases the risk of falling and causing injury to yourself or others.

What is the 'Deep End' of a pool?

The section of the swimming pool where the water is too deep for a person to stand with their head above the surface.

What should you do if you hear the lifeguard's whistle blow?

Stop moving, listen carefully for instructions, and follow the lifeguard's directions immediately.

Define 'Hydrodynamics' in the context of swimming.

The study of how water moves around the body, and how changing your body shape can help you move through the water more efficiently.