

Swimming Safety and Skills Flashcards

Learning objective: To learn about swimming safety and basic techniques for Year 4 pupils.

Read the front of the card to test yourself. Check the answer on the back. Use the word bank to help you understand the terms.

What does a Lifeguard do?

A Lifeguard watches the pool to keep everyone safe.

What is a float?

A piece of foam used to help you stay on top of the water.

Why do we wear goggles?

Goggles protect your eyes so you can see clearly underwater.

What is a swimming stroke?

A way of moving your arms and legs to swim, like front crawl.

What should you do if you feel tired in the pool?

Stand up, hold the side, or tell the Lifeguard.

How do you breathe while swimming?

Turn your head to the side to take a quick breath.

What is the rule about running by the pool?

Never run because the floor is slippery and you might fall.

Who should you listen to at the pool?

You must always listen to the Lifeguard's instructions.

What is a deep end?

The part of the pool where the water is too deep to stand in.

What does 'treading water' mean?

Moving your arms and legs to stay upright in one spot.

What is the shallow end?

The part of the pool where the water is low enough to stand up.

Why is it important to shower before swimming?

To keep the pool water clean for everyone.