

Finn's Fantastic Swimming Challenge

Learning objective: To demonstrate knowledge of water safety, swimming strokes, and the physical benefits of swimming in line with Year 4 PE requirements.

Dive into this quiz with Finn the Dolphin! Read each question carefully and circle the best answer. Remember, safety is always our priority in the water.

Answer Key: 1.C, 2.True, 3.Treading, 4.B, 5.False, 6.D, 7.A, 8.True, 9.Streamline, 10.B. Greater Depth Reasoning: Swimming builds stamina, improves lung capacity, and uses all major muscle groups. Safety equipment like lifeguards and signs prevent accidents.

Word bank: buoyancy · streamline · treading · goggles · safety · stroke · hygiene · confidence

1. Which piece of equipment is most important for protecting your eyes while swimming?
A) A snorkel B) A nose clip C) Goggles* D) A kickboard (1 mark)

2. True or False: You should always walk, not run, on the poolside to prevent slipping.
(True/False) (1 mark)

3. What is the name of the movement used to keep your head above water while remaining in one spot without swimming a stroke? (1 mark)

4. Which of these is a recognised swimming stroke? A) The dolphin leap B) Front crawl* C) The starfish float D) The shark dive (1 mark)

5. True or False: It is perfectly safe to swim in any river or lake, even if there are signs saying 'No Swimming'. (True/False) (1 mark)

6. Why is it important to shower before entering a public swimming pool? A) To save time B) To make the water colder C) To improve your swimming speed D) To maintain good hygiene* (1 mark)

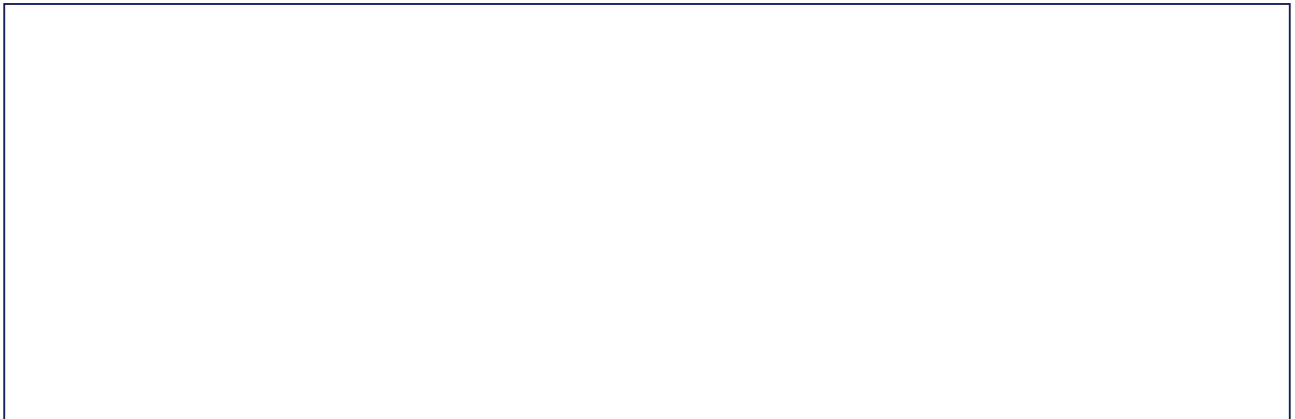
7. What should you do if you see someone struggling in the water? A) Tell a lifeguard immediately* B) Jump in to help them C) Ignore it D) Wave at them (1 mark)

8. True or False: Streamlining means making your body as long and thin as possible to move through the water efficiently. (True/False) (1 mark)

9. 9. If a swimming lesson costs £4.50, how much would it cost for a child to attend 3 lessons? (1-word answer) (1 mark)

10. 10. What is the main purpose of a buoyancy aid? A) To decorate the pool B) To help you float* C) To keep your hair dry D) To help you dive deeper (1 mark)

Draw: Draw Finn the Dolphin teaching a group of friends the correct 'streamline' body position for swimming. Show them stretching their arms above their heads with hands clasped.



Extension challenge: 1. Explain why maintaining a 'streamline' position helps a swimmer move faster through the water. 2. Compare and contrast swimming in a controlled pool versus swimming in the open sea; what are the different risks? 3. Justify why lifeguards are necessary even for confident swimmers. 4. What might happen if a pool did not have clear water safety signs? 5. How does regular swimming contribute to a healthy, active lifestyle? 6. Design a poster for your local swimming pool that encourages other children to follow safety rules.