

Finn's Swimming Progress Log

Learning objective: To evaluate personal physical performance in swimming and identify areas for stroke refinement and water safety awareness.

Use this log to reflect on your recent swimming session. Think about your technique, your confidence in the water, and how you followed safety rules. Be specific with your descriptions to help you improve next time.

Word bank: hydrodynamics · buoyancy · stroke efficiency · coordination · streamline · rhythmic breathing · water safety · confidence · propulsion

1. Stroke Analysis: Describe the body position you maintained during your front crawl or breaststroke. How did you ensure your body remained streamlined? (3 marks)

2. Breathing Technique: Explain the importance of rhythmic breathing while swimming. How did you coordinate your breathing with your arm movements? (3 marks)

3. Water Safety: Justify why it is essential to listen to the lifeguard's instructions immediately, even during a fun activity. What might happen if safety rules are ignored? (4 marks)

4. Comparison: Compare and contrast your swimming technique today with a previous session. What specific change led to an improvement in your speed or stamina? (4 marks)

5. Problem Solving: If you felt yourself becoming tired in the deep end, what specific techniques or 'resting strokes' could you use to stay safe and calm? (3 marks)

6. Reflection: Based on your performance today, set one SMART goal (Specific, Measurable, Achievable, Realistic, Time-bound) for your next swimming lesson. (2 marks)

Extension challenge: Imagine you are teaching a beginner how to float. Write a short, persuasive guide explaining the science of buoyancy. Use the term 'centre of gravity' and explain how changing body shape affects how you float in the water.