

Finn the Dolphin's Swimming Safety Fact-File

Learning objective: To identify and describe safety rules and basic techniques for swimming in a pool.

Hello! Finn the Dolphin wants to help you stay safe in the water. Use this fact-file to write down what you have learned in your swimming lessons. Read each question carefully and use the word bank to help you spell tricky words. You can use the sentence starters to help you begin your sentences.

Word bank: goggles · float · safe · instructor · breathe · kick · pool · shallow · deep

1. Safety Rules: List two important rules for the swimming pool. (Start your sentence with: One rule is...) (2 marks)

2. Equipment: What do you wear to help you see underwater? (Start your sentence with: I wear...) (1 mark)

3. Moving in Water: How do you move your legs to swim? (Start your sentence with: I move my legs by...) (2 marks)

4. Breathing: Why is it important to learn how to breathe properly in the water? (Start your sentence with: It is important to...) (2 marks)

Extension challenge: Draw a picture of yourself in the pool following one of the safety rules you wrote about.