

Max’s Swimming Vocabulary Mat

Learning objective: To understand and apply technical terminology related to swimming strokes, water safety, and aquatic movement.

Key Vocabulary

Use this vocabulary mat to help you describe your swimming technique and water safety skills. Terms are grouped by category to help you build your swimming knowledge.

Explain why a 'st...	Compare and con...	What might happ...
Why is 'treading ...	If you were desig...	Describe the relat...