

Swimming Skills Word Mat

Learning objective: To learn and understand key vocabulary for swimming and water safety.

Key Vocabulary

Use this word mat to help you learn about swimming. Look at the categories to find the right words. Use the word bank at the bottom to practise your spellings.

Breaststroke A swimming style where you ...	Front crawl A fast swimming style where yo...	Backstroke Swimming on your back while ...
Float To stay on top of the water without sink...	Glide To move smoothly through the water af...	Tread water Moving your arms and legs to k...
Goggles Special glasses that protect your e...	Swim cap A stretchy hat worn to keep hair o...	Kick Using your legs to help you move throu...
Stroke The way you move your arms to pull ...	Pool The place where we go to swim.	Deep end The part of the pool where the wa...
Shallow end The part of the pool where the...	Lifeguard A person who watches the pool to...	Safety Rules we follow to make sure nobody...