

Swimming Skills and Water Safety with Finn the Dolphin

Learning objective: To understand essential swimming strokes, water safety principles, and the importance of buoyancy and aquatic movement.

Read each question carefully. Use your knowledge of swimming techniques and safety rules to provide detailed answers. Remember to use technical terminology where appropriate.

Word bank: buoyancy · hydrodynamics · streamline · respiration · propulsion · lifeguard · treading water · flutter kick

1. Finn the dolphin is teaching a group of friends about the 'streamline' position. Explain why maintaining a flat, horizontal body position is essential for efficient movement through the water. (2 marks)

2. Identify two key safety rules you must follow when entering a public swimming pool. Justify why these rules are vital for accident prevention. (2 marks)

3. Compare and contrast the front crawl and the breaststroke. How does the arm movement differ in each stroke? (2 marks)

4. If a swimmer finds themselves getting tired in deep water, why is 'treading water' an effective survival skill? Explain the technique required to stay afloat. (3 marks)

5. What might happen if a swimmer does not exhale while their face is submerged during the front crawl? Describe the impact on their breathing rhythm. (2 marks)

Draw: Draw a diagram of a swimmer in a perfect 'streamline' position, labelling the arms, head position, and the direction of the flutter kick.



Extension challenge: Design a 30-minute swimming lesson plan for beginners. Include a warm-up, a skill-building activity, and a game that reinforces water confidence. Justify why your chosen activities are suitable for someone who is still learning to submerge their face.