

Swimming Safely with Finn the Dolphin

Learning objective: To understand swimming safety rules and how to stay safe in the water.

Read each question carefully. Use the word bank to help you complete the sentences. Finn the Dolphin is here to help you learn!

Word bank: lifeguard · adult · flag · warm-up · shallow

1. Finn says you should always swim where a _____ can see you. Why is this important? (2 marks)

2. Before you get into the pool, why is it a good idea to do a _____ to get your muscles ready? (2 marks)

3. If you are at the beach, you must always look for the safety _____ before you go into the water. (1 mark)

**4. If you are learning to swim, should you stay in the deep end or the _____ end?
Circle your choice: Deep / Shallow. (1 mark)**

5. Finish this sentence: I must always tell an _____ before I go near the water. (1 mark)

Draw: Draw a picture of yourself at the swimming pool. Make sure you draw a sign or a person who helps keep you safe!

A large, empty rectangular box with a thin black border, intended for a drawing of a person at a swimming pool with a safety sign or person.

Extension challenge: Write down two things you need to pack in your swimming bag before you go to the pool.