

# Finn's Swimming Safety and Stroke Challenge

*Learning objective: To understand water safety rules and identify key swimming strokes used for different purposes.*

Finn the dolphin is our guide to the pool! Look at the word bank of swimming strokes and safety actions. Sort the items into the correct category below: 'Swimming Strokes' or 'Water Safety Rules'. Then, answer the challenge questions based on your knowledge of staying safe near water.

*Word bank: Front crawl · Always swim with an adult · Backstroke · Check the water depth · Breaststroke · Listen to the lifeguard · Butterfly · Never run on the poolside*

## 1. Sort the word bank into two groups: Swimming Strokes and Water Safety Rules. (4 marks)

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## 2. Finn wants to swim a long distance in the ocean. Which stroke do you think is best for keeping his head above water to look around, and why? (2 marks)

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## 3. Why is it important to check the depth of a pool before you enter the water, especially in a new location? (2 marks)

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## 4. If you see someone struggling in the water, what is the safest first action to take instead of jumping in yourself? (2 marks)

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## 5. Imagine you are at the local pool. The entry fee is £4.50. If you have a £10 note, how much change should you receive? (2 marks)

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**Draw:** Draw a poster showing Finn the dolphin standing by a poolside reminding swimmers to 'Always listen to the lifeguard'. Include a bright, colourful background.



*Extension challenge: Research the 'Water Safety Code'. Write a short, persuasive paragraph explaining why we should never swim alone, even if we are strong swimmers.*