

My Swimming Progress Log with Finn the Dolphin

Learning objective: To identify, record, and evaluate personal progress in swimming strokes, water safety, and stroke technique.

Use this log to track your development in the pool. Think about the techniques Finn the Dolphin teaches us, such as body position, breathing, and stroke efficiency. Fill in each section after your swimming lesson to help you improve your skills.

Word bank: stroke · buoyancy · treading water · coordination · streamline · breathing · resilience · safety · technique · gliding

1. Stroke Focus: Which specific swimming stroke did you practise today? Describe one part of your technique that you found successful and one part you would like to improve. (2 marks)

2. Water Safety: Finn the Dolphin always says safety comes first. What is one rule for staying safe in or around the swimming pool, and why is it important? (2 marks)

3. Breath Control: Explain how you manage your breathing during your swim. Do you find it difficult to time your breaths with your arm movements? (2 marks)

4. Stamina Challenge: How many lengths or widths did you complete today? Compare this to your previous session—are you feeling more confident in the water? (2 marks)

5. Goal Setting: Based on your performance today, what is one specific target you want to achieve in your next swimming session? Be as clear as possible. (2 marks)

Extension challenge: Design a 'Water Safety Poster' for your local pool, including at least three symbols or signs that inform swimmers how to stay safe.