

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)

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)

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

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

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)

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.