

Class 5 Swimming and Water Safety Assessment

Learning objective: To demonstrate knowledge of swimming strokes, water safety rules, and the principles of personal survival in aquatic environments.

Read each question carefully. Answer in full sentences where required. Ensure you use the provided vocabulary to support your answers.

Finn the dolphin spends his days exploring the vast oceans. He knows that staying safe in the water is just as important as being a fast swimmer. Whether in a local swimming pool or out in the open sea, understanding how your body moves through water and how to signal for help is a vital life skill.

Word bank: buoyancy · streamline · treading water · hydrodynamics · emergency · hypothermia · surface

1. Explain why maintaining a 'streamline' position is important when swimming front crawl. How does it affect your speed? (3 marks)

2. If you see someone struggling in the water at a pool, what is the first action you should take? Do not jump in to help. (2 marks)

3. Describe the technique of 'treading water'. Why is this a crucial skill for personal survival? (4 marks)

4. Name two different swimming strokes you have practised. Compare the way your arms and legs move in each one. (4 marks)

5. You are at a local lake. Why is it dangerous to jump into cold water, even if you are a strong swimmer? Mention the risks to your body. (3 marks)

6. Max the monkey is designing a new pool. If a swimming lesson costs £4.50 per child, how much would it cost for a group of 9 children to have a lesson? Show your calculation. (4 marks)

7. Write a short safety guide (5 marks) for a younger student explaining how to stay safe at the beach. Include advice on flags, staying near an adult, and what to do if you get caught in a current. (5 marks)

Draw: Draw a diagram of a 'starfish float'. Label the parts of the body that remain at the surface of the water to maintain buoyancy.



Extension challenge: Total: /25. Research the meaning of the different coloured flags used by lifeguards at UK beaches and explain what each one means.