

Swimming Skills and Water Safety with Finn

Learning objective: To understand the importance of swimming strokes, water safety rules, and the physical benefits of swimming as a sport.

Read each question carefully. Use your knowledge of swimming techniques and safety procedures to provide clear, detailed answers. If you are unsure, think about how Finn the dolphin stays safe and moves efficiently in the water!

Word bank: buoyancy · hydrodynamic · lifeguard · stroke · hydration · treading water · resistance

1. Finn is practising his swimming. Explain why a 'hydrodynamic' body position (keeping the body flat and straight) helps a swimmer move faster through the water. (2 marks)

2. List two essential safety rules you must follow when visiting a public swimming pool to ensure everyone stays safe. (2 marks)

3. If a swimmer is waiting for a friend in the deep end, why is 'treading water' an important skill to have? Explain how it works. (2 marks)

4. Max the monkey wants to buy a swimming cap for £4.50 and a pair of goggles for £8.75. If he pays with a £20 note, how much change should he receive? Show your calculation. (2 marks)

5. Swimming is a great form of exercise. Identify one way swimming helps the human body, such as the effect it has on muscles or the heart. (1 mark)

Draw: Draw a diagram of a swimming pool. Include labels for the 'shallow end', 'deep end', and where a 'lifeguard' might be stationed to keep watch.



Extension challenge: Research the four main competitive swimming strokes (Front Crawl, Backstroke, Breaststroke, and Butterfly). Choose one and write a short paragraph explaining the arm and leg movements required to perform it correctly.