

Year 5 Swimming: Safety, Stroke Technique, and Water Confidence

Learning objective: To assess understanding of swimming strokes, water safety principles, and the physical benefits of aquatic exercise.

Read each question carefully. Use full sentences for extended responses. Ensure your answers reflect the safety protocols discussed in our swimming lessons.

Finn the dolphin loves teaching his friends about the science of the water. When we swim, we must understand how our bodies move through the medium of water, which is much denser than air. Finn reminds us that a good swimming position—keeping our body flat and our head in line with our spine—helps us move efficiently. Safety is always the priority, whether we are in a swimming pool or at the seaside.

Word bank: buoyancy · hydrodynamics · streamline · lifeguard · treading water · stamina · hypothermia · propulsion

1. Identify two pieces of safety equipment or features found at a public swimming pool that help keep swimmers safe. Explain how they function. (2 marks)

2. Finn explains that 'streamlining' is vital for moving quickly. Justify why keeping your body in a straight, horizontal position reduces resistance in the water. (3 marks)

3. Compare and contrast the breathing techniques required for front crawl versus breaststroke. Why is timing so important in both? (4 marks)

4. You are at a local lake. What are the three most important safety rules you must follow before entering the water? Explain your reasoning. (3 marks)

5. If a swimmer becomes tired while in deep water, explain the steps they should take to stay safe and conserve energy until help arrives. (3 marks)

6. Max the monkey is trying to calculate the cost of a swimming trip. If a family ticket costs £18.50 and they buy four snacks at £1.75 each, what is the total cost? Show your working. (3 marks)

7. Extended Writing Task: Imagine you are a water safety expert. Write a short guide (100–150 words) for younger pupils explaining why it is essential to learn to swim and how to act responsibly around water. Include at least three key safety tips. (5 marks)

Draw: Draw a diagram of a swimmer in the 'streamline' position. Label the direction of movement and where the water resistance would be highest.



Extension challenge: What might happen to a swimmer's stroke efficiency if they do not maintain a flat body position? Provide a scientific explanation regarding how water displacement affects speed. Total: /25