

Finn's Aquatic Exploration: Swimming Techniques

Learning objective: To identify and illustrate key swimming strokes and safety equipment while understanding the importance of water safety and buoyancy.

Follow the drawing prompts to create a detailed scene of an indoor swimming pool. Use the word bank to label your diagram accurately. Once your drawing is complete, answer the challenge questions to demonstrate your understanding of water-based movement and safety.

Draw: Draw a large, rectangular swimming pool from a bird's-eye view. Include at least three swimmers in the water using different strokes (Front Crawl, Breaststroke, Backstroke). Add detailed labels using the word bank. Include a lifeguard chair on the side of the pool and safety signs on the wall. Your drawing style should be clear and anatomical, showing the movement of limbs through the water.



Label words: Front Crawl · Breaststroke · Backstroke · Goggles · Buoyancy Aid · Lane Rope · Starting Block · Hydrodynamics

Steps:

1. Identify two pieces of equipment shown in your drawing and explain why they are essential for a swimmer's performance or safety.
2. Compare and contrast the front crawl and the breaststroke. Which stroke do you think is more effective for

long-distance swimming and why?

3. Explain why 'hydrodynamics' is a crucial concept for a competitive swimmer. How might a swimmer change their body position to move faster?

4. Justify your answer: Why is it important to have a lifeguard present at a swimming pool, even if a person is a strong swimmer?

5. What might happen if a swimmer ignores the lane ropes or swims in the wrong direction during a public session?

6. Extension: Imagine you are designing a new, innovative piece of swimming equipment. Sketch your idea and write a brief justification for how it improves swimming efficiency.