

Swimming Proficiency and Water Safety Mastery

Learning objective: To understand core swimming techniques, water safety protocols, and the physical requirements for personal survival in water, as per the UK National Curriculum.

Use these flashcards to revise key swimming terminology and safety procedures. Test yourself by reading the front of the card, then checking the answer provided on the reverse.

Buoyancy

The ability of an object or person to float in water, determined by the displacement of water by the body's volume.

What is the primary objective of 'treading water'?

To keep the head above the surface of the water while remaining in a stationary position to conserve energy.

Hydrodynamics

The study and application of how water flows around a body, aimed at reducing 'drag' to improve speed and efficiency.

Explain the 'Water Safety Code' rule regarding supervision.

Always swim in areas supervised by a qualified lifeguard and ensure you have an adult present if you are not at a managed facility.

Personal Survival Skills

Techniques used to stay safe in the water for long periods, such as floating, treading water, and using clothing for added buoyancy.

Propulsion

The mechanical force generated by the limbs to push the body through the water.

What are the key differences between the front crawl and the breaststroke?

Front crawl is a fast, high-intensity stroke using a flutter kick; breaststroke is a rhythmic, underwater-recovery stroke often used for endurance.

Stamina in swimming

The physical ability to sustain movement over a significant distance or duration without becoming excessively fatigued.

Why is it dangerous to swim in unsupervised open water (e.g., rivers or lakes)?

Hidden hazards like cold water shock, strong undercurrents, submerged debris, and unpredictable depths pose significant risks to even strong swimmers.

What is 'Cold Water Shock'?

An involuntary gasp reflex followed by rapid breathing caused by sudden immersion in water below 15°C, which can lead to panic and drowning.