

# Finn's Aquatic Adventure: A Swimming Quiz

*Learning objective: To demonstrate knowledge of swimming strokes, water safety principles, and the physical benefits of aquatic activity in line with Year 5 PE requirements.*

Join Finn the dolphin for a quick dip into swimming knowledge! Read each question carefully and select or write your best answer. Remember, safety always comes first in the water.

Answer Key: 1. A (Front crawl); 2. True; 3. Buoyancy; 4. B (To keep the water surface clear); 5. False (You should always swim where a lifeguard is present); 6. Flutter kick; 7. C (Safety); 8. True; 9. Hydrodynamics; 10. True. Greater Depth Reasoning: Pupils should recognise that streamlining reduces drag, which allows for greater speed and energy efficiency in the water.

*Word bank: Buoyancy · Streamlining · Front crawl · Lifejacket · Hypothermia · Flutter kick · Lifeguard · Hydrodynamics*

**1. 1. Which swimming stroke is often considered the fastest and involves a rhythmic arm action? A) Breaststroke B) Front crawl\* C) Backstroke D) Butterfly (1 mark)**

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**2. 2. True or False: 'Buoyancy' is the upward force exerted by water that helps your body float. (1 mark)**

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**3. 3. What is the name of the scientific principle that allows objects to float in water? (1 mark)**

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**4. 4. Why is it important to tuck your chin when performing a front crawl? A) To look at the floor B) To keep your body in a horizontal, streamlined position\* C) To breathe easier D) To swim faster (1 mark)**

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**5. 5. True or False: It is perfectly safe to swim in open water, such as a lake or river, even if there is no lifeguard on duty. (1 mark)**

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**6. 6. What is the specific name for the small, rapid kicking motion used in the front crawl? (1 mark)**

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**7. 7. Why must we always listen to the 'pool rules'? A) To win a race B) Because they are suggestions C) For personal and group safety\* D) To swim more laps (1 mark)**

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**8. 8. True or False: Warming up your muscles before entering the pool helps prevent cramps. (1 mark)**

**9. 9. What scientific term describes the study of how water moves around your body to reduce drag? (1 mark)**

**10. 10. True or False: Swimming is an excellent form of aerobic exercise that engages almost every muscle group in the body. (1 mark)**

**Draw: Draw Finn the dolphin demonstrating the perfect 'streamlined' position in the water, showing how he keeps his body flat to move through the waves efficiently.**



*Extension challenge: 1. Explain why maintaining a horizontal body position is more energy-efficient than swimming with your legs low in the water. 2. Compare and contrast the movements required for breaststroke versus front crawl; which do you think is more tiring and why? 3. Justify the importance of the 'buddy system' when swimming in open water environments. 4. What might happen if a swimmer does not maintain a consistent breathing pattern during a long-distance swim? 5. If you were designing a new swimming stroke, what arm and leg movements would you incorporate to maximise speed? 6. Analyse why water temperature can affect a swimmer's stamina and physical performance over time.*