

Finn's Aquatic Adventure: Swimming Technique and Safety Log

Learning objective: To understand and apply principles of water safety, stroke technique, and the physical benefits of swimming in line with Year 5 PE curriculum requirements.

Use this log to reflect on your swimming session. Record your progress with specific strokes, explain the importance of safety rules, and analyse how your body responds to exercise in the water. Use the vocabulary provided to help describe your experiences.

Word bank: buoyancy · hydrodynamics · propulsion · stamina · rhythm · streamline · resilience · coordination · hazard · vigilance

1. Stroke Technique Analysis: Describe the specific movements required for a stroke you practised today (e.g., front crawl or breaststroke). How does your hand entry and kick rhythm affect your speed? (3 marks)

2. Safety and Vigilance: Why is it essential to follow the 'no diving' or 'no running' rules at the poolside? Explain the potential consequences of ignoring these safety protocols. (3 marks)

3. Physical Impact: Compare and contrast how your breathing rate and muscle fatigue change after swimming a longer distance compared to a short sprint. Justify why your body reacts this way. (4 marks)

4. Hydrodynamics Challenge: If you were to design a suit or accessory to help a swimmer move through water faster, what features would it have? Explain your design choices. (4 marks)

5. Goal Setting: Identify one aspect of your swimming technique you wish to refine. How will you measure your improvement over the next three sessions? (2 marks)

6. Real-world Application: Finn the dolphin navigates the ocean using his natural skills. If you were planning a long-distance swim in open water, what factors (other than technique) would you need to consider to stay safe? (3 marks)

Extension challenge: Design a 'Water Safety Poster' aimed at younger pupils. Your poster must include three clear rules, a vivid illustration of a hazard to avoid, and a persuasive slogan that encourages safe swimming habits.