

Swimming Skills: Expert Vocabulary Mat

Learning objective: To develop technical vocabulary related to swimming strokes, water safety, and aquatic movement for Year 5 pupils.

Key Vocabulary

Use this vocabulary mat to help you describe swimming techniques and safety rules. The terms are grouped by 'Stroke Technique', 'Water Safety', and 'Movement and Control'.

Hydrodynamics The science of how water ...	Buoyancy The ability or tendency to float in...	Propulsion The action of driving or pushing ...
Bilateral breathing Breathing on both sides...	Treading water Staying in one place while k...	Recovery phase The part of a stroke where ...