

Swimming Skills and Water Safety Flashcards

Learning objective: To identify key swimming strokes, safety rules, and techniques for Grade 4 pupils.

Use these flashcards to test your knowledge of swimming strokes and pool safety. Read the term or question on the left, then reveal the answer on the right.

Front Crawl

A swimming stroke performed on the front, using an alternating over-arm action and a flutter kick.

Breaststroke

A swimming stroke where the arms move in a circular motion and the legs perform a 'frog-kick' or whip-kick.

Backstroke

A swimming stroke performed while lying on your back, using alternating arm circles and a flutter kick.

Buoyancy

The ability of an object or person to float in water.

Treading Water

A skill used to keep your head above the water's surface by moving your arms and legs while in a vertical position.

What is the most important rule when entering a swimming pool?

Always walk on the poolside; never run, as the floor is slippery.

Hydrodynamics

The study of how water moves around objects, which helps swimmers move through the water more efficiently.

Survival Swimming

Techniques used to stay afloat for long periods while using the least amount of energy possible.

Why should you always listen to the lifeguard?

Lifeguards are trained to monitor pool safety and ensure everyone follows the rules to prevent accidents.

What should you do if you hear the emergency alarm at the pool?

Stop swimming immediately, follow the lifeguard's instructions, and exit the pool calmly using the nearest exit.

If you are swimming with Finn the Dolphin, what is the best way to keep your body horizontal?

Keep your core muscles engaged and look down at the bottom of the pool to keep your head in line with your spine.

What is a 'streamline' position?

A position where the body is held straight and tight like an arrow to reduce drag and move faster through the water.