

Finn's Fantastic Swimming Challenge

Learning objective: To demonstrate knowledge of swimming safety, stroke technique, and water awareness in line with Grade 4 PE curriculum requirements.

Help Finn the dolphin dive into these swimming facts! Read each question carefully and select or write the correct answer.

Answer Key: 1.C, 2.True, 3.False, 4.A, 5.B, 6.Treading water, 7.True, 8.C, 9.Lifeguard, 10.B

Word bank: buoyancy · treading water · safety · streamline · shallow · goggles · lifeguard

1. 1. Which body position helps a swimmer move through the water with the least resistance? A) Vertical, B) Sitting, C) Streamline, D) Tucked* (1 mark)

2. 2. True or False: You should always check the depth of the water before entering a pool. (1 mark)

3. 3. True or False: It is safe to run on the poolside as long as you are wearing non-slip shoes. (1 mark)

4. 4. What is the main purpose of a swimming cap? A) To keep hair out of the eyes and keep the pool clean*, B) To keep your ears warm, C) To help you float, D) To improve your speed (1 mark)

5. 5. Which swimming stroke involves a 'pull, breathe, kick, glide' sequence? A) Backstroke, B) Breaststroke*, C) Butterfly, D) Doggy paddle (1 mark)

6. 6. What is the name of the technique used to keep your head above water without moving to the side? (Two words) (1 mark)

7. 7. True or False: You should never swim alone, even if you are a confident swimmer. (1 mark)

8. 8. What should you do if you feel tired while swimming? A) Swim faster to the end, B) Panic and splash, C) Find a safe place to rest or use buoyancy aid*, D) Submerge underwater (1 mark)

9. 9. Who is the person responsible for watching the water and keeping swimmers safe? (1 mark)

10. 10. Which piece of equipment is best for protecting your eyes from pool chemicals? A) A snorkel, B) Goggles*, C) A nose clip, D) A float (1 mark)

Draw: Draw Finn the dolphin teaching a group of friends how to perform a perfect 'streamline' position in the water.



Extension challenge: Imagine you are designing a new swimming pool. Write a list of three important safety rules you would display on a sign to keep everyone safe.