These activity sheets have been created by our team of instructors at the leisure centres.

We hope that children enjoy completing them and we encourage parents/guardians to get involved with helping where necessary.

We also have worksheets available based on beginners swimming, dance, gymnastics and trampolining which we can also send to you by request.

Don’t forget to share any completed work with us on our social media pages or even bring in to show your instructors when our centres reopen.

If you have any questions in regard to these worksheets or regarding any of our sessions, please contact rebecca.truman@chesterfield.gov.uk
Sea Creature Sums

1. ☀️ + 🐬 = 9

2. 🐬 + 🐬 =

3. 🐠 + 🦀 = 7

4. 🦀 - ⚡️ = 2

5. ⚡️ + 🐠 =

6. 🐠 + 🦀 + 🐟 = 17

7. 🐟 + 🐟 + 🐬 =
8. \( \star \times \star = 10 \)

9. \( \star + \star = 10 \)

10. \( \star + \star + \star = \)

11. \( \star + \star - \star = \)

12. \( \star + \star = 10 \)

13. \( \star \times \star = 16 \)

14. \( \star + \star = 15 \)

15. \( \star + \star + \star = \)
16. + =
17. × =
18. - + =
19. + + =
20. + - =
Answers for Sea Creature Sums

1. Seahorse = 4
2. 8
3. Puffer fish = 2
4. Jelly fish = 3
5. 5
6. Rainbow fish = 10
7. 24
8. Star fish = 1
9. Turtle = 9
10. 17
11. 12
12. Dolphin = 6
13. Shark = 8
14. Octopus = 7
15. 16
16. 2
17. 15
18. 7
19. 20
20. 8
### Answer Key for Sea Creature Sums

<table>
<thead>
<tr>
<th>Crab</th>
<th>Starfish</th>
<th>Seahorse</th>
</tr>
</thead>
<tbody>
<tr>
<td>🦀 Crab</td>
<td>🌟 Starfish</td>
<td>🐬 Seahorse</td>
</tr>
<tr>
<td>= 5</td>
<td>= 1</td>
<td>= 4</td>
</tr>
<tr>
<td>Rainbow fish</td>
<td>Octopus</td>
<td>Puffer fish</td>
</tr>
<tr>
<td>🐟 Rainbow fish</td>
<td>🦑 Octopus</td>
<td>🐠 Puffer fish</td>
</tr>
<tr>
<td>= 10</td>
<td>= 7</td>
<td>= 2</td>
</tr>
<tr>
<td>Shark</td>
<td>Dolphin</td>
<td>Turtle</td>
</tr>
<tr>
<td>🦈 Shark</td>
<td>🦈 Dolphin</td>
<td>🐢 Turtle</td>
</tr>
<tr>
<td>= 8</td>
<td>= 6</td>
<td>= 9</td>
</tr>
</tbody>
</table>
Task 1
Pick 8-10 different movement skills that you like to do in the pool from the examples below:
(Try and pick at least 2 skills from each heading)

Floating shapes
- star
- pencil
- tuck
- think of your own shape

Sculling
- head first sculling on front
- head first sculling on back
- feet first sculling on front
- feet first sculling on back
- stationary scull (stay on the spot sculling)

Rotations (turns)
- log roll
- forward roll
- backward roll
- tuck and turn from front to back
- tuck and turn from back to front
- tub turn on back

Write down which skills you have picked here:
Task 2
In this box draw and write down how you could order the movement skills you have picked to make them into a sequence.
(there is an example sequence on the next page)

Bring this to show your teacher and try out your sequence in the swimming pool once we are back swimming. ☺
Example sculling sequence
HOW TO PREPARE FOR EXERCISE

Before we exercise; we need to make sure we are properly prepared. That means having the correct equipment so we can complete the exercise task safely. We also need to make sure our body is ready to go.

**Equipment**

It is important to have the correct equipment for the exercise task you are doing. This is to make sure you are safe and have the best chance of completing the task successfully.

**Task 1** – Write or draw in this box; what equipment/items do you need to have in your swimming bag? (think about what you might need for before, during and after your lesson):

**Food & drink**

You may have heard that is not a good idea to eat before swimming.

**Do you think this is TRUE or FALSE?**
It is **TRUE** that you should **NOT** eat a **BIG** meal before swimming. It can make you feel sick if you have lots of food in your tummy when you start to swim.

However a light (healthy) snack around an hour before you swim can give you a little energy boost.

You should also make sure that you drink plenty of water if you are doing hard exercise as your body loses water through sweating and breathing hard.

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**Task 2** - Write or draw in the box below, some ideal snacks you could have (at least an hour) before swimming:

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**Warming up**

When we warm up our body it is important to start off slowly, if you start off moving too fast straight away you could pull a muscle or do yourself an injury.

An activity that includes something like a gentle jog or swim is perfect as we can start off slowly and gradually get faster as our body warms up.
What happens to our body as we start to warm up?

Our core body temperature goes up (we start to get warm); our heart starts to beat faster and our breathing gets quicker.

This means blood (carrying oxygen) can move around our body (through our veins and arteries) and get to our muscles more quickly where it is needed.

Our muscles start to become warmer, which makes them more elastic (stretchy) and allows us to move better, with more flexibility and with less risk of injury.

We can now start to make our movements faster.
Task 3 – Create a FUN warm up activity you could do with your class mates at your swimming lesson. (It could be based around swimming a game in the water. Maybe you can think of a game you play in the playground at school which you could turn into a pool game?)
Here are a few challenges to keep you busy whilst at home!

1. Can you create an acrostic poem? An acrostic poem is where the first letter of every verse forms a word or message.

S

W

I

M

I

G
2. Can you design a **bronze**, **silver** and **gold** Olympic medal?

3. Imagine you have been to see a swimming event at the Olympic Games. Write a postcard to your family or friends to tell them how much fun you are having!
4. Can you draw yourself with your favourite swimming costume on? **Be creative!**

5. Can you create the perfect swimmer’s meal using the healthy eating plate? Think about which foods in particular give us the **most** amount of **energy**!
We hope you are all well and staying safe at home! We all miss you very much at Queens Park and The Healthy Living Centre, we look forward to seeing you soon!

Please send us your completed activities either via email or by posting it on social media – we would love to see what you are getting up to!
**SWIMMING QUIZ**

1. What is the size of a standard Olympic Swimming Pool?
   
   a. 50m  
   b. 25m  
   c. 100m

2. Which famous Olympic Swimmer was born in Mansfield, Nottingham?
   
   a. Adam Peaty  
   b. Rebecca Adlington  
   c. Mark Foster

3. Which two strokes are tumble turns used for?
   
   a. Breaststroke and butterfly  
   b. Front crawl and butterfly  
   c. Front crawl and back crawl

4. Which stroke does this statement apply to? - ‘Pull, Breathe, Kick, Glide’
   
   a. Butterfly  
   b. Breaststroke  
   c. Back crawl

5. How many officials are there in swimming competitions?
   
   a. 7  
   b. 5  
   c. 2

6. Which is the oldest swimming stroke?
   
   a. Backstroke  
   b. Butterfly  
   c. Breaststroke
7. What does bi-lateral breathing mean?
   a. Breathing to the front
   b. Breathing to both sides
   c. Breathing to one side

8. In which year did swimming become an Olympic event?
   a. 1986
   b. 1896
   c. 1838

9. Which is the slowest stroke?
   a. Butterfly
   b. Breaststroke
   c. Back crawl

10. What were the first ever goggles crafted made out of?
    a. Tortoise shell
    b. Crocodile skin
    c. Snail shell
SWIMMING QUIZ ANSWERS

1. What is the size of a standard Olympic Swimming Pool?
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