These worksheets are mainly aimed at swimmers from stage 1; however, they could also be used with duckling swimmers to introduce basic pool rules and with stage 2 & 3 swimmers to check their knowledge.

We also have worksheets available for swimmers on higher levels with activities aimed at older children and more advanced swimmers as well as activity sheets based on dance, gymnastics and trampolining which we can also send to you by request.

We encourage parents/guardians to get involved with helping their child to think about why each rule helps to keep them safe.

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 swimming lessons recommence.

If you have any questions in regard to these worksheets or regarding swimming lessons, please contact rebecca.truman@chesterfield.gov.uk
SWIMMING WORDSEARCH

Words to find

Backstroke  Fun  Splash
Breaststroke  Glide  Star
Bubbles  Goggles  Swim
Butterfly  Jump  Swimsuit
Diving  Kick  Trunks
Frontcrawl  Pencil  Tuck
Float  Rocket
Word finder

Swimming pool

Find words in a swimming pool beginning with......

P  
S  
M  
L

Any other words starting with remaining letters — w, i, n, g, o.

Complete these sentences
My swimming pool has ..........
I like my pool because ..........
I keep safe at the pool by ..........
Colour the crab

1 = yellow  2 = red  3 = green  4 = brown

Can you draw things from the crabs home environment around him — seaweed, shells, waves, sand, fish etc.

Choose a name for your crab.
Look for this creature.

Count how many you can see.

<table>
<thead>
<tr>
<th>Look for this creature</th>
<th>Count how many you can see.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Which has the most?  Which has the least?
POOL RULES

To keep myself and others safe, there are rules I should always follow when I go the swimming pool.

Task – use two different coloured crayons, fill in the KEY below – you should use one to circle things you should **ALWAYS** do at the swimming pool and the other colour to circle things you should **NEVER** do at the swimming pool.

**KEY**

This colour circle shows things I should **ALWAYS** do

This colour circle shows things I should **NEVER** do

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**Walk on the poolside**

- Stop and listen if I hear a whistle or alarm
- Push others in the water
- Get into the pool without an adult
- Go to the toilet before swimming

**Run on the poolside**

- Be kind to others
- Check water is safe before jumping in
- Listen to the teachers and lifeguards
- Run and jump in
A Warm Summer’s Day

It was a warm sunny day during the school summer holidays. Ben, John, and Edward were looking for something fun to do for the day, and they decided that a big bike ride would be great fun on such a nice day. After cycling what felt like miles under the hot sunshine, the boys decided they needed to take a break somewhere they could cool off and have a drink. They leaned their bikes up against a big tree by the river and sat under the tree for shade whilst they got their drinks out of their rucksacks.

After having a big gulp from his bottle, Ben said: “I've got a great idea, let's go for a swim in the river.”

**Question: Why did the boys want to go into the water?**

The water looked calm and still, but John said: “My mum has always told me that it’s dangerous to swim in water with no lifeguards.” The other boys laughed! “Don’t tell me you’re scared?” they said.

“No! I’m not scared, I was just saying!” replied John quickly, as he felt a little silly for saying it now Ben and Edward were laughing at him.

“It’s fine, look how calm the water is,” said Ben. “I bet people swim in here all the time and we’re all good swimmers! Come on...let’s get in!” and off he jumped into the river. Not wanting to be left out, the other two boys quickly followed.

**Question: Why did the boys think it was ok to go into the water?**

When they first got into the water with a big splash, the cold water took their breath away, but after a little while they started to forget how cold it was as they were having so much fun splashing each other, laughing and joking. Suddenly Ben and John noticed that Edward was nowhere in sight. Thinking that he was messing around they called his name. “Edward! Edward! Very funny!” they shouted, “Stop messing around!”

A few minutes passed and there was still no sight of their friend. Now the boys started to worry, as they couldn’t work out where Edward could have gone. They climbed up the bank and out of the river to see if they could see him. In the distance they caught a glimpse of what they thought could have been Edward further down the river.

**Question: How do you think the two boys felt at this point?**

Sudden panic and fear ran through Ben and John’s bodies, and they ran as fast as they could along the river bank to where they thought they had spotted their friend but by the time they got there he was nowhere to be seen. In a panic John shouted to Ben “What are we going to do?”
Discuss with your child:

- **What they should have done if they had wanted to go swimming?** (Ask a parent/adult to take them somewhere safe to swim such as the swimming pool)

- **What steps the boys should take in the story now they realise their friend is in danger?** (Get help by calling 999 or getting an adult. DO NOT go into the water and put themselves in danger)

“We’ll have to get in...he may be under the water!” Ben said to John.

So the boys got back into the river but this time it wasn’t just cold, there was a current pushing against them too. They struggled to stay on their feet, catching their legs on weeds and old bottles someone had thrown into the river, and their arms scraped against sharp branches leaving cuts and scratches all over them.

“We have to get out!” shouted John to Ben. After struggling back up the river bank they made it to dry land. John ran to his rucksack where he had a mobile phone, and he immediately called Edward’s dad.

“He’s lost, we got into the river for a swim and now he’s gone” he cried. “Where are you?” asked Edward’s dad. “I’m not sure...somewhere along the river” said the boy. “I’ll be straight there, keep looking for him” said the father.

As soon as the call with John was finished, Edward’s dad called 999 straight away. The emergency services arrived at the river even before Edward’s dad could get there, and they started searching for Edward.

Eventually Edward was found further down the river where the current had pushed him to, and luckily he had managed to climb out where the water became shallow, but he was too cold and tired to get back to where the boys had gone into the river. The emergency services gave Edward some first aid, and then they took him to the hospital.

After one night in hospital Edward was allowed home. He realised how lucky he was that he managed to get out of the water when he did, and what a bad idea going into the river for a swim was in the first place, because unlike at the swimming pool and at the beach, there were no lifeguards or adults there to help him when he needed it.

A couple of weeks later the weather was still hot, and the boys wanted to go for a swim. This time they went to the swimming pool, and although Edward was a bit scared at first, remembering what happened in the river, he knew that the lifeguards where watching him and keeping him safe, and they all had a great time.
KEY WATER SAFETY

Learn what the 4 KEY WATER SAFETY messages are to stay safe in and around water:

1. ALWAYS SWIM IN A SAFE PLACE
Choose somewhere where there is a lifeguard on duty, the water is clean, you know how deep it is, the water is not too cold, make sure to follow rules, safety signs and flags.

2. ALWAYS SWIM WITH AN ADULT
NEVER swim on your own. If you are older and allowed to go swimming with a friend always make sure you tell/ask permission from your responsible adult if you plan to go swimming.

3. IF YOU FALL IN, FLOAT, BREATHE, RELAX
Floating or sculling on your back in a star position is best as it keeps your mouth clear of the water and you can shout for ‘HELP’, try not to panic as this could make you sink under the water.

4. IF SOMEONE ELSE IS IN TROUBLE, CALL 999/112
This will alert the emergency services that someone needs their help. You can also shout loudly for HELP! NEVER GET IN THE WATER YOURSELF TO TRY AND HELP, you could end up in the same trouble.

Task
Make your own water safety poster which shows what the 4 key water safety messages are.
# How to stay safe in and around water

<table>
<thead>
<tr>
<th>Always swim in a safe place</th>
<th>Always swim with an adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Draw where you would choose to go swimming.</td>
<td>Draw who you would like to going swimming with.</td>
</tr>
<tr>
<td>Draw what you would do if you slipped and fell into the water.</td>
<td>Draw how you can help someone in trouble, make sure you are safe!</td>
</tr>
</tbody>
</table>

| If you fall in, float, breathe, relax | If someone else is in trouble, call 999/112 |

Make sure to bring these in and show your teacher when we are back swimming. 😊
WORD LINK

Link two words together to make a new one they all have a watery theme.

1. Cat + fish = catfish

2. Baby + water = babywater

3. Wave + wave = wavewave

4. Not back

5. Star + wave = starwave

6. Hand + water = handwater

7. Swimmer + wave = swimmerwave

8. Fish + wave = fishwave

Have a go at making some word links of your own.
This is a simple science experiment you can do at home to learn about buoyancy (floating and sinking). Make sure you ask for help/permission from your responsible adult to do this task.

**What you need**

- A large bucket, bowl, jug
- A ball (must have air inside such as a tennis ball, soft play, ping pong ball, football etc)
- A metal coin
- A small piece of wood such as a stick, pencil or unlit match
- Empty plastic bottle (try this full of water and empty both with lid on)
- An apple (if you have one)
- Other small items to test (ask adult first if ok to use)
- Pen/pencil and paper to record results
- Worksheet to write up your findings

**What to do**

1. Make a note on your worksheet of all the items you are going to test
2. Write down for each item whether you think it will float or sink
3. Fill up the bucket, bowl or bathtub around \( \frac{3}{4} \) full
4. Test the items one at a time by putting them in the water
5. Write down the result and then draw each object in the tank where it was
**RECORDING SHEET**

Write down below what items you are going to test and whether you think they will float or sink:

<table>
<thead>
<tr>
<th>Object</th>
<th>Do you think it will float or sink?</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

Draw the objects in the water tank below that you tested to show what happened to them when you tested them.
Read after your experiment

Lots of things will affect whether an object sinks or floats as you should have discovered during your experiment – something big can float and something small can sink.

So how does buoyancy affect us as swimmers?

Our bodies are made up of lots of different things like, muscle, bones, blood, water, organs, fat. All these things that make up our body will float or sink in water differently to each other. That is why some people naturally float or sink well.

We can however control a certain amount how we float or sink by using our **breath control** and **body position** in the water.

**Breathing**

If you want to float, taking a deep breath and holding it in helps the body to stay on or near to the surface of the water (or breathing gently in and out if floating on the back).

However the opposite is true if you want to sink, blowing air out (bubbles) will help you to sink down to the bottom of the pool to reach treasure for example.

Try the following:
- place your hands on your body just above your belly button
- take a deep breath and fill up your lungs with air (you can feel this happen with your hands), hold it in for a few seconds
- start to blow air steadily out through your mouth/nose keeping your hands on your body (feel how the lungs empty of air, getting smaller)
Body position

For floating

Your body floats best when it is relaxed (floppy muscles)

The wider you can spread your body position out the better you can float – star floating on the back is one of the easiest ways to float because the body is spread over a wide surface area.

Try the following (with a willing adult helper 😊):
  • lay on the floor and ask your adult to try and lift you up off the floor
  • the first time they try keep your muscles squeezed and your body stiff
  • ask them to try and lift you up again
  • this time keep all your muscles floppy (relaxed)

For sinking

You can sink down under the water to either crouch on your toes or sit on your bottom by doing the following:
  • In the water first jump up high
  • As you come down bend knees
  • Keep head and body upright
  • Relax muscles and blow strong bubbles, let the body sink down to the pool floor
  • Push off floor with feet to return to the surface

You can sink head first by doing the following:
  • Tuck up into a ball shape, chin and knees on chest
  • Use both arms to push down and back on the water
  • Push the head down, at the same time lift bottom up
  • Blow strong bubbles stretch arms to pool floor and toes point up towards the ceiling
  • Lift head up to return to the surface

(Head first can be progressed into holding a handstand shape and later a head first surface dive in deep water).
BEACH WATER SAFETY

For younger children this subject can be completed with the help of an adult, older children may be able to read and work through the tasks independently.

Introduction

The seaside is a fun place to spend time with your family and friends, have fun, paddle, swim and do lots of other fun activities. However, sometimes the weather conditions or other reasons can mean it is dangerous to go swimming in the sea or even play on the beach.

To help keep yourself and your family and friends safe at the beach:

- **Always** take note of any flags flying and what they mean, read any safety signs and follow the advice of lifeguards
- **Never** go into the water without asking permission/telling your responsible adult first
- **Always** swim between the flags where there is a lifeguard watching the water
- **Do not** take inflatables out on the sea if it is windy, and be careful when you do take them out that you do not drift out too far
Complete the following tasks and then share what you know about water safety with others, to help them stay safe too!

**Get to know your beach flags**

- Have you ever seen coloured flags flying at the entrance to the beach or on the shoreline (where the beach meets the sea)?
- Would you know what the different flags mean?

Below are some flags that you may see on the shoreline or at the entrance to the beach:
In the box below are descriptions of what all the different flags on the page mean.

**Task 1** – Can you match each flag to what it means? (You can try and work it out yourself or research it on the internet – ask your adult to help).

<table>
<thead>
<tr>
<th>Flag</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A)</td>
<td>Lifeguards on duty – swimming area in between the flags</td>
</tr>
<tr>
<td>B)</td>
<td>Diving in progress</td>
</tr>
<tr>
<td>C)</td>
<td>Water sports zone – DO NOT swim here</td>
</tr>
<tr>
<td>D)</td>
<td>Offshore winds – do not take inflatables out on the sea</td>
</tr>
<tr>
<td>E)</td>
<td>DANGER – high risk – DO NOT enter the water</td>
</tr>
<tr>
<td>F)</td>
<td>CAUTION – medium risk - advised not to enter the water</td>
</tr>
<tr>
<td>G)</td>
<td>VERY DANGEROUS – water closed to the public</td>
</tr>
<tr>
<td>H)</td>
<td>Marine pests (jellyfish etc) present in the water – take care</td>
</tr>
</tbody>
</table>

**Task 2** – In the box below draw a picture of the beach and the sea. Can you include some of the flags you have learnt about in your picture?
Understand why it could sometimes be dangerous

There are sometimes reasons which can mean it is dangerous to go swimming in the sea or even play on the beach, even if you are a really strong swimmer.

In the table below the first column lists reasons that can make it dangerous to be in the sea or on the beach. The second column is the reason why it could be dangerous.

Task 3 – Can you match up each danger to the correct reason why it could be dangerous? (The first one has been done as an example for you).

<table>
<thead>
<tr>
<th>Danger</th>
<th>Reason it could be dangerous</th>
</tr>
</thead>
<tbody>
<tr>
<td>If it is very cold</td>
<td>they could sting or hurt you</td>
</tr>
<tr>
<td>If there are strong currents</td>
<td>this can make your muscles weak and your body start to shiver, it can stop you from being able to move/swim properly</td>
</tr>
<tr>
<td>If there is a risk of the tide coming in quickly</td>
<td>there is no one who is trained to help if you get into trouble</td>
</tr>
<tr>
<td>If it is very windy</td>
<td>they could pull you out to sea or under the water</td>
</tr>
<tr>
<td>If there are big waves</td>
<td>it dangerous to take out inflatables on the sea, as you can get blown away from the shore quickly</td>
</tr>
<tr>
<td>If there are marine pests in the water</td>
<td>these can sweep you off your feet</td>
</tr>
<tr>
<td>When there is no lifeguard on duty</td>
<td>water will conduct electricity, so if lightning strikes the water you could be seriously hurt or worse</td>
</tr>
<tr>
<td>There is a thunderstorm</td>
<td>you could become trapped on the beach with no escape</td>
</tr>
</tbody>
</table>
Remember: at the beach to **ALWAYS** take notice of the flags, read any safety signs and listen to the lifeguards it will help you to stay safe.

If you see anyone else in trouble NEVER get in yourself to try and help. Alert the lifeguards or ring 999 or 112 and ask for the coastguard.

**Beach Lifeguards**

- In the UK, beach lifeguards work for the Royal National Lifeboat Institute (RNLI).
- They are easily to spot as they wear red shorts and yellow tops.
- In 2018 RNLI lifeguards assisted **32,207 people and saved 118 lives**.

Why not find out more about the amazing work the RNLI lifeguards do, the lifeboats they use or where your nearest lifeguarded beach is by visiting the following website (ask grown up’s help or permission first):


**Independent stretch and challenge task (optional)** – Use the RNLI website to research a topic of your choice based around water safety. Create a poster it should include some facts about your chosen topic.