



5. Which of the following should you do when you get home?



6. Draw a picture of things you need for swimming.

Examples: swimming hat; swimming bag; swimming trunks/costume; towel; goggles; arm discs/floatation equipment.

### Activity – Rescue equipment

\* The shirt could be used to perform reach rescues. As it is light clothing, it will inflate in water and help with buoyancy as well as preserving body heat.



### Activity – Spot the dangers (1)

- Kayaking – The person has no lifejacket and is on their own.
- Pushing – The person being pushed may not know how to swim; the depth of the water is unknown; there may be unseen hazards under the water and they could hit their head/injure themselves.
- Swimming – Away from the shore- unseen rip currents/hazards/reefs.
- Boating – The woman is not in the boat safely. She is at risk of falling out. She is also not wearing a lifejacket.

- Diving – The person diving into shallow water (note the marking on the side of the pool). So there is a risk of impact with bottom of the pool
- Water butt – The person who is on their own could fall in head first and there would be no way to climb out, so there is high risk of drowning.

## Crossword one

Down	Across
1. Water	1. Wash
2. Hair	3. Thumb
4. Help	5. Entry
6. Breaststroke	7. Lane
8. Tread	9. Legs
10. Yellow	11. Wet
12. Sea	14. Pike
13. Jump	16. Tuck
15. Ear	17. Care

## Crossword two

Down	Across
1. Trunks	1. Towel
2. World	3. Rio
5. Noodle	4. Polo
6. Goggles	7. Waves
8. Daley	10. One
9. Arm	12. Badge
11. Four	14. Relay
13. Cap	
15. Egg	

## Word search one – Swimming terms

D	P	D	P	A	B	Z	N	S	F	B	S	G
B	U	T	T	E	R	F	L	Y	A	R	T	S
B	A	P	S	Y	E	P	P	C	W	A	E	H
L	C	G	J	B	A	C	K	S	U	G	A	B
H	S	A	L	P	S	S	I	B	D	L	C	X
V	C	L	B	E	T	G	N	A	B	I	H	Y
X	L	A	F	R	S	L	B	R	A	N	E	E
D	V	S	O	S	T	K	E	O	C	G	R	D
F	L	K	V	A	R	G	S	B	K	A	C	I
V	E	T	F	R	O	N	T	C	R	A	W	L
R	B	R	E	S	K	G	P	C	A	O	L	G
E	G	F	L	S	E	V	I	D	C	N	A	A
T	D	N	B	G	A	L	T	B	E	F	N	L
A	L	I	F	E	G	U	A	R	D	T	S	B
W	R	S	E	N	I	L	M	A	E	R	T	S

## Word search two – Water safety

W	D	R	O	W	N	I	N	G	B	H	P	J
Y	O	W	M	A	Q	W	P	B	A	Q	V	M
R	W	K	L	F	P	I	L	H	R	L	G	L
F	T	I	F	V	U	O	M	E	S	G	R	I
L	Y	P	L	Q	W	N	S	L	F	C	W	F
O	D	H	A	M	R	C	C	P	I	S	A	E
A	W	H	G	R	U	N	Q	B	R	A	Y	G
T	I	O	S	E	U	W	E	W	S	Y	O	U
D	K	E	S	B	W	Q	T	A	T	E	H	A
Y	D	A	N	G	E	R	W	O	A	C	P	R
S	D	W	E	J	L	L	S	P	I	D	Q	D
Q	S	W	I	M	S	A	F	E	D	V	F	K
P	U	R	D	C	N	O	F	K	I	X	R	A
L	B	U	D	D	Y	U	P	N	K	A	S	N
A	E	S	F	N	M	P	V	M	Y	O	U	B

## Word search three – Safety skills

S	D	F	G	P	O	L	B	Q	E	S	B	T
C	F	L	J	K	N	O	I	T	A	T	O	R
U	E	O	S	E	L	F	R	E	S	C	U	E
L	B	A	M	W	P	L	S	W	C	L	R	A
L	N	T	R	L	H	I	I	S	C	K	L	D
I	M	A	Y	M	U	N	G	R	H	Q	D	I
N	L	T	W	S	D	F	N	Y	E	E	F	N
G	K	I	H	N	D	W	A	K	L	F	C	G
W	A	O	L	U	L	U	L	N	P	A	P	W
D	U	N	N	R	E	B	W	E	J	S	Q	A
T	Y	F	N	L	R	V	O	A	E	X	Z	T
R	I	S	U	R	F	A	C	E	D	I	V	E
P	Q	P	Q	U	S	F	H	P	D	E	C	R
K	P	I	E	B	A	E	K	L	K	P	X	Z
S	T	R	A	D	D	L	E	E	N	T	R	Y