



# Swimming @ Home

Activity workbook answers



# Swimming @ Home Episode 1

In this episode you will:	You will need the following equipment:
<ol style="list-style-type: none"><li>1. Meet a pool lifeguard</li><li>2. Learn swimming skills</li><li>3. Visit the beach and river</li></ol>	<ul style="list-style-type: none"><li>✓ Pillows or cushion</li><li>✓ Broom, mop or similar</li><li>✓ Water Bottle</li></ul>

## MEET A POOL LIFEGUARD

What does a lifeguard do? Tick all the boxes that show what a lifeguard does and cross the boxes that show what a lifeguard does not do.



Provide First Aid



Rescues those in trouble



Play games by the pool



## SWIMMING SKILLS



Circle the best way to enter a swimming pool safely

Dive in head first

Slide in feet first

Finish the sentences using the words below

slower                      sculling                      low                      bubbles                      torpedo

We blow **bubbles** ..... to help us practice breathing in the water.

**torpedo** ..... position is when we are nice and straight in the water with our arms together above our head.

Running in the water is much **slower** ..... than running on land.

To help with our balance, we need to walk **low** ..... in the water.

**sculling** ..... hands help us to move through the water- we can also use them to make our pretend cake!

## VISITING THE BEACH AND THE RIVER

Explain how you could check the following things before entering the river

**Water depth**

Look around you to make sure the area is free from danger such as trees, fishing lines and strong currents.

**Direction of the current**

Put a long stick in the water and check by pulling it out and seeing the water line.

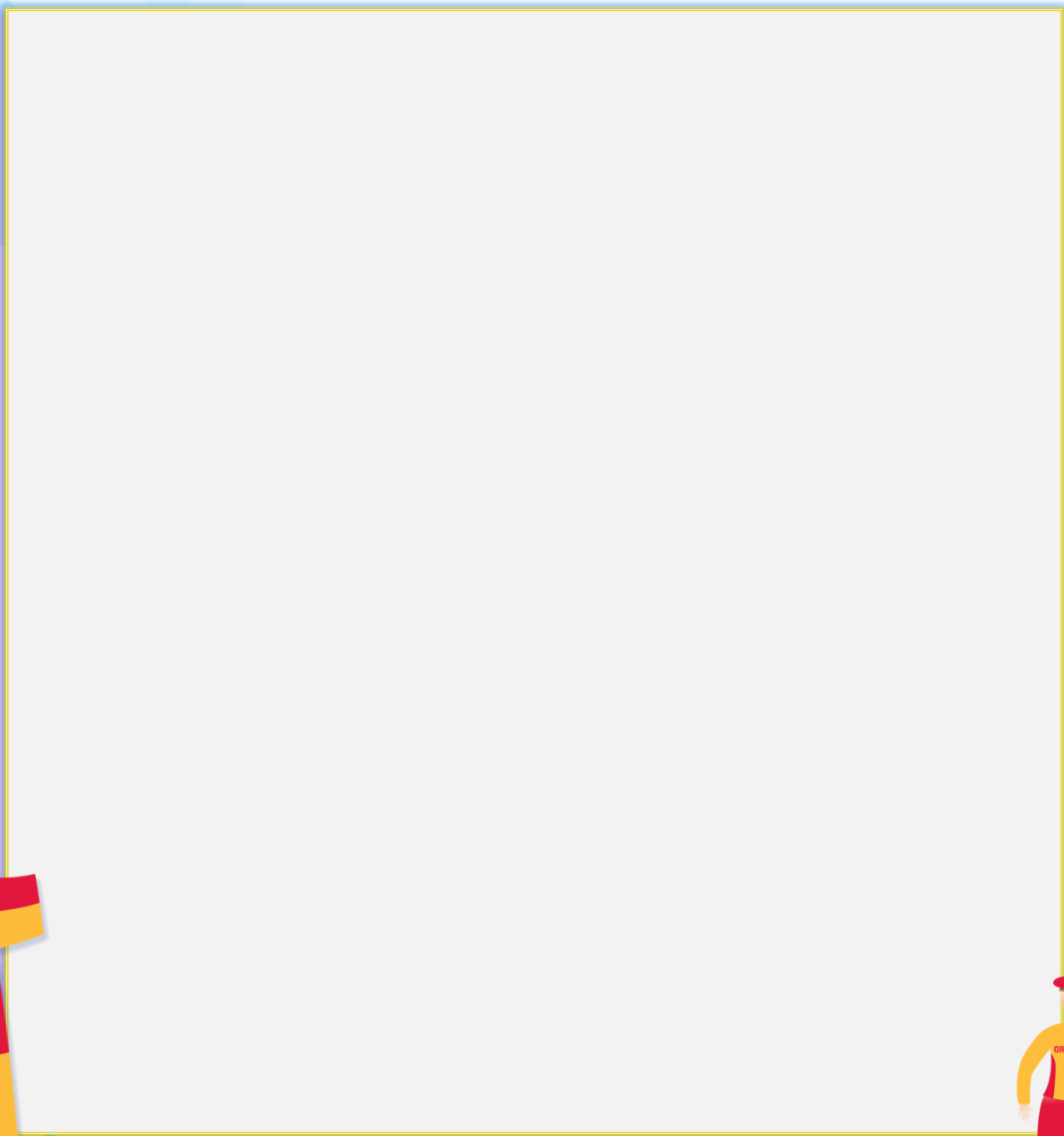
**No dangers**

Throw a leaf in and see how fast it moves and which direction.



### Let's make a poster to remember what our lifesaver taught us!

1. Draw two flags- make sure you remember the two colours that go on them. Leave a nice gap in between them to make sure everyone knows to swim in between the flags!
2. Draw your lifesaver on the lookout in between the red and yellow flags. Don't forget their uniform, cap and any other equipment they might have with them.
3. Draw yourself swimming in the correct part of the beach- we never swim alone so make sure to draw a family member or friend too!
4. What else might you find at the beach? Draw some things you like to take to the beach with you. Maybe a beach ball? Or an umbrella?



# Swimming @ Home Episode 2

In this episode you will learn:	You will need the following equipment:
1. Freestyle / Australian Crawl 2. Rescue Techniques	✓ Cushions ✓ Couch, chair or beanbag ✓ Three pairs of socks ✓ A mop or broom

## FREESTYLE

Freestyle is the fastest of our strokes and is one of the best strokes for performing a rescue in the water!

Can you unscramble these phrases to help remember our Freestyle techniques and some fun facts about the stroke?

IC YO EG  
K IC K YO U R L EG S.

AN LI RA W ST  
AU ST RA LI AN C RAW L.

AN UP DS UR  
C UP YO UR H ANDS.

W LO BB ES  
B LOW BU BB L ES.



# RESCUES

Whenever we are swimming it is important that we do so safely, and always with someone watching us. You may do this at a pool where there are also Lifeguards, or a beach where there are Lifeguards or Lifesavers that may be able to help perform rescues.

But if you find somebody in trouble there are a few things you can do to help them. The best thing you can do is call for help or find an adult to help you, otherwise there are three safe rescues we may be able to perform!

1. Talk Rescue
2. Reach Rescue
3. Throw Rescue

Who is the most important person when performing a rescue?

Yourself

Patient

Bystanders

What is the safest rescue for the rescuer?

Talk

Reach

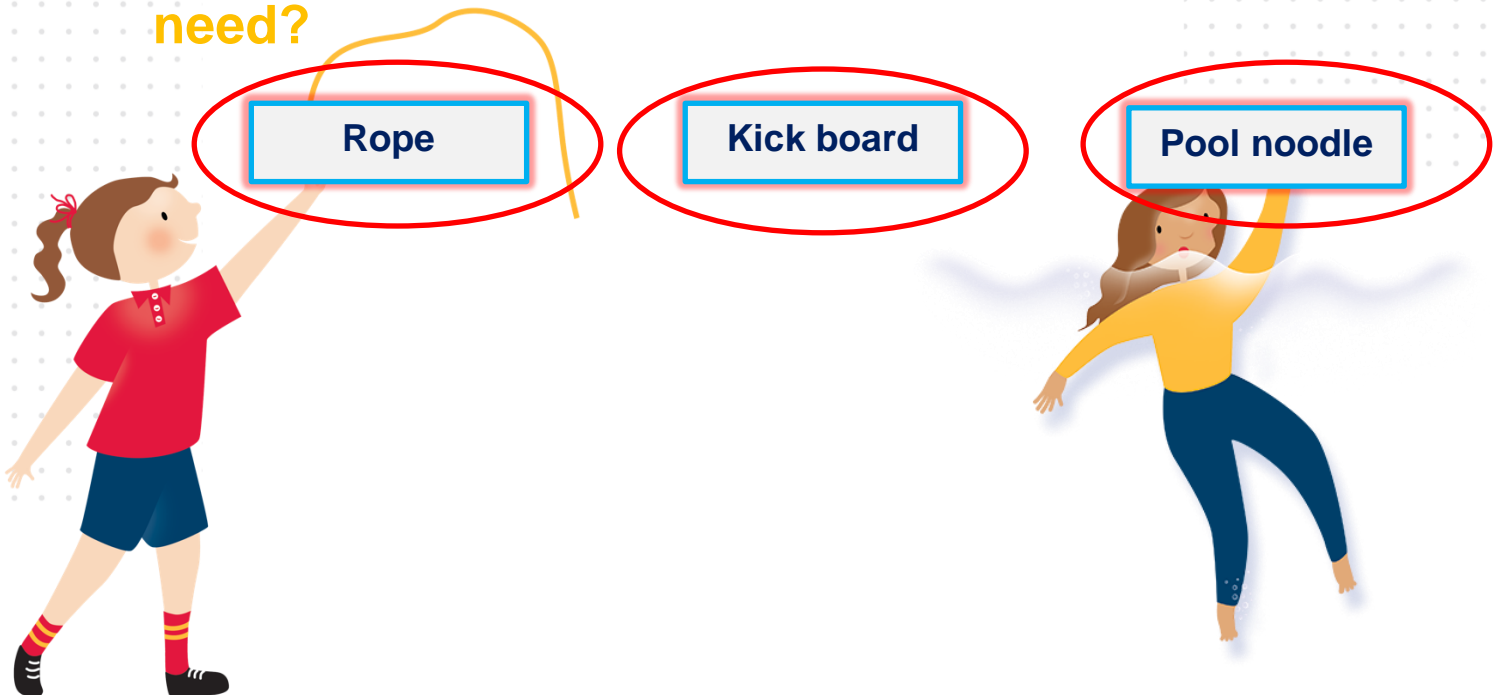
Throw

Which of these can you throw to a person in need?

Rope

Kick board

Pool noodle



# Swimming @ Home Episode 3

In this episode you will learn:	You will need the following equipment:
<ol style="list-style-type: none"><li>1. Backstroke</li><li>2. How to be SunSmart</li></ol>	<ul style="list-style-type: none"><li>✓ Long sleeve top</li><li>✓ Sunglasses</li><li>✓ Hat</li><li>✓ Cushions</li><li>✓ Drink bottle</li><li>✓ Scissors or someone to help</li></ul>

## BACKSTROKE

Backstroke is one of our faster strokes and it can also be used as a survival stroke!

Let's make a checklist to help us remember how to do our torpedoes first!



1.

I can look up to the roof

2.

I can think about reaching my toes  
and hands away from each other

3.

I need to keep my toes pointed  
and kick from my hips

4.

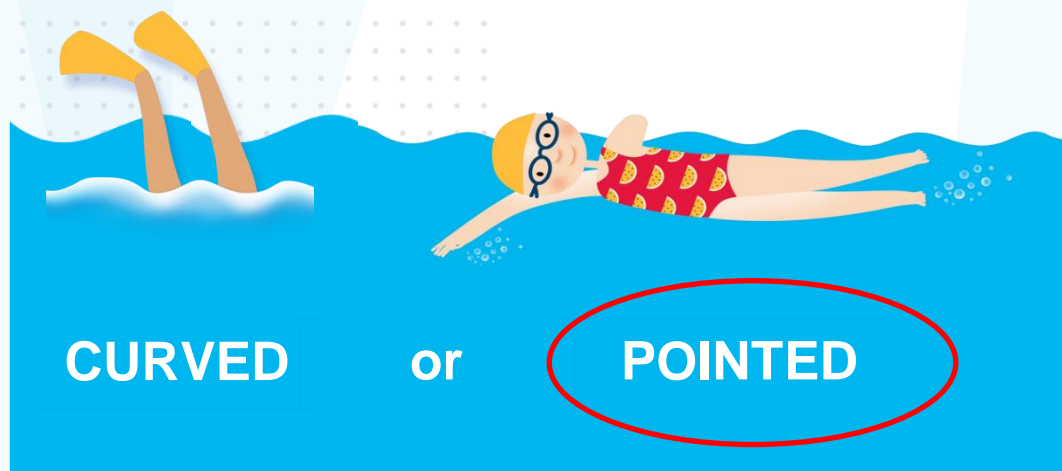
I lock my arms to my ears

Stick  
Here!

A red curved arrow pointing from the text 'Stick Here!' towards the checklist items.



How do we want our toes to be when we do Backstroke kicks? Circle the correct answer



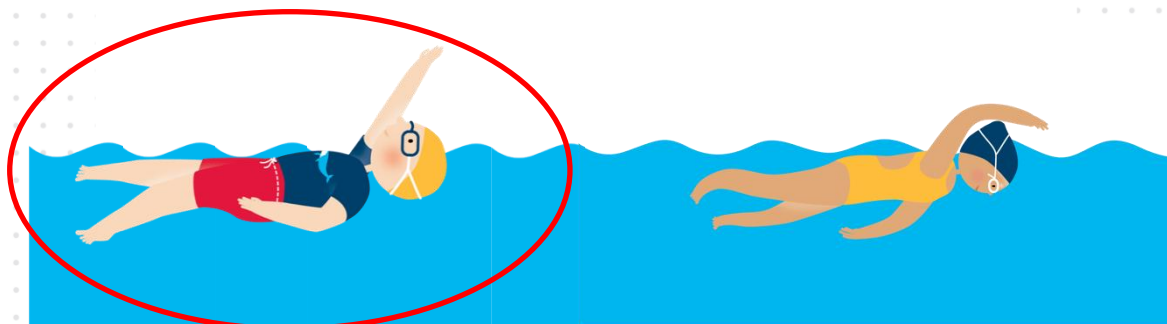
Can you remember how we swim backstroke?

Draw a line to match the sentence with the word that finishes it.

We do backstroke lying on our	straight.
We glide through the water in the shape of a	back.
During backstroke, our body stays long and	torpedo/rocket.

Three boxes on the left contain the start of sentences, and three boxes on the right contain the endings. Red lines connect the boxes: "We do backstroke lying on our" connects to "back.", "We glide through the water in the shape of a" connects to "torpedo/rocket.", and "During backstroke, our body stays long and" connects to "straight."

Now we have learnt all about backstroke, circle the correct image of the person who is doing backstroke below.





## SUNSMART

Can you Remember the 5 “S’s” that keep us safe from the sun?

**SLIP** on a shirt!

**SLOP** on some sunscreen!

**SLAP** on a hat!

**SEEK** some shade!

**SLIDE** on some sunglasses!

Using these techniques, can you make the Lifeguard SunSmart? Cut out their SunSmart items and paste them on the Lifeguard!



# Swimming @ Home Episode 4

In this episode you will learn:	You will need the following equipment:
<ol style="list-style-type: none"><li>1. Survival Backstroke</li><li>2. What to do in an emergency</li></ol>	<ul style="list-style-type: none"><li>✓ Cushions</li><li>✓ Couch, chair or beanbag</li><li>✓ Water Bottle</li><li>✓ Teddy Bear</li></ul>

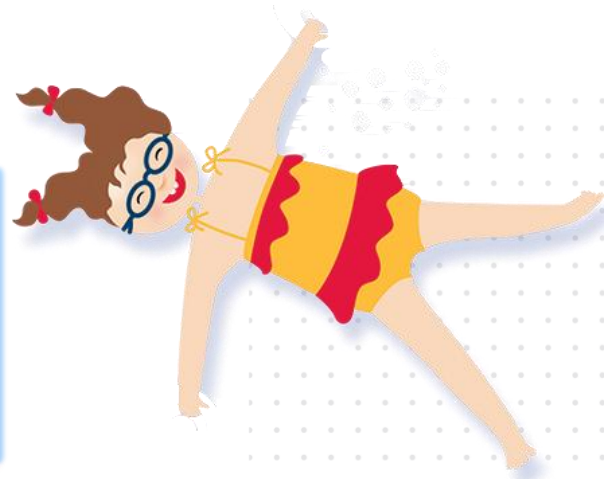
## SURVIVAL BACKSTROKE

Survival Backstroke is a survival stroke! Do you know what a survival stroke is?

A survival stroke is **A STROKE THAT CONSERVES ENERGY AND KEEPS OUR AIRWAY ABOVE THE WATER**

There are four different types of survival strokes! Do you know what they are?

1. SURVIVAL BACKSTROKE
2. SIDE STROKE
3. SURVIVAL BREASTROKE
4. SCULLING



After we bend our legs and turn our feet out, what kind of kick do we do for our Survival Backstroke?

Whip



Scissor



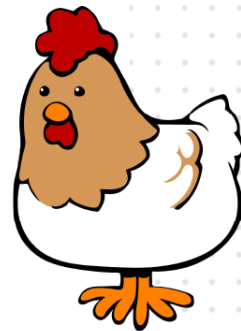
What order do we do our arm actions in? Write your answer in the box below



3



2



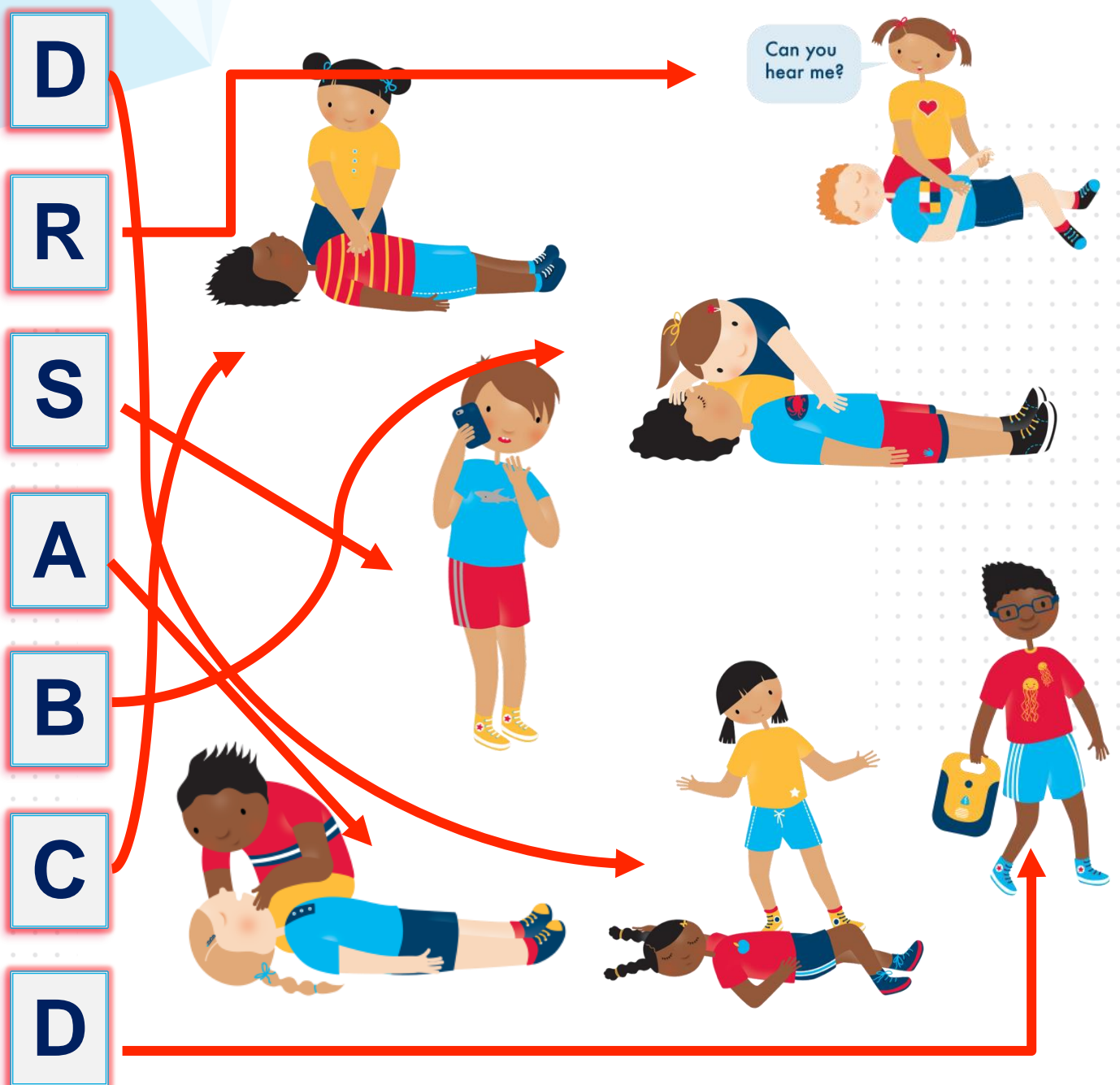
1

# DRSABCD

In an Emergency it is important to follow a few simple steps to make sure that we are safe, and that the person that is in need gets the best care they could possibly get. We have an acronym that helps us to remember: DRSABCD!

- ✓ D is for Dangers
- ✓ R is for Response
- ✓ S is for Send for Help
- ✓ A is for Airways
- ✓ B is for Breathing
- ✓ C is for CPR
- ✓ D is for Defibrillation.

Using this acronym, can you unscramble the pictures and match them to the step? We have done the first one for you!

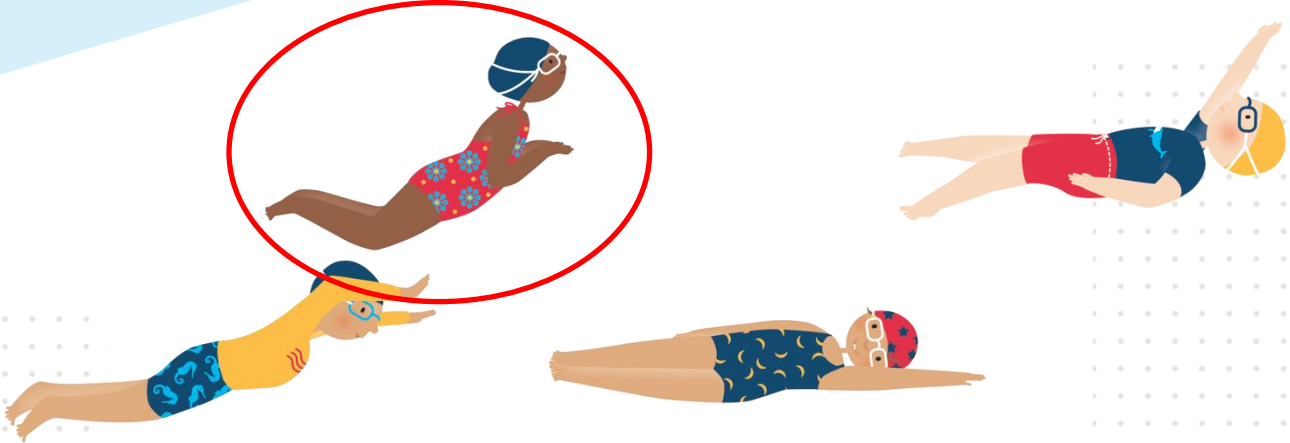


# Swimming @ Home Episode 5

## BREASTSTROKE

In this episode you will	You'll need the following equipment
4. Practice Breaststroke 5. Learn about different waterways	✓ Couch or chair ✓ Pillows ✓ Jacket ✓ Drink bottle

Circle the swimmer who is doing Breaststroke



What are the two different types of breaststroke we can do?

1. Survival
2. Competitive

Circle the correct answer in regard to the two types of breaststroke

Head goes in the water during the stroke

Competitive / Survival

Done at a slow pace to conserve energy

Competitive / Survival

It is used for racing

Competitive / Survival

The swimmer can see where we are going the whole time

Competitive / Survival

Take a breath after we pull our arms

Competitive / Survival

Place a number in each box to order the competitive breaststroke steps from 1 to 4 and on the right name the motion described by the pictures. Some have been done for you.

2



Breath

4



Glide

1



Arms

3



Legs

Use the words to complete the following sentences

down

in front

sculling

whip

up

glide

The name of the kick used in breaststroke is called **whip** kick.

Breaststroke is done facing **down** and backstroke is done facing **up**.

Once we kick our legs we **glide** through the water.

In our pull, we make sure our arms stay **in front** of our body.

We make sure we always use **sculling** hands in our stroke.



# AQUATIC ENVIRONMENTS

List three dangers you might find at the river and draw them below

1.	2.	3.
Soft edges of the river or slippery banks	Submerged objects like rocks, tree branches and snags	Strong currents or swift and murky water

Identify and circle the safest place to enter the river in this image and beside it state 3 safety measures we need to remember when at the river



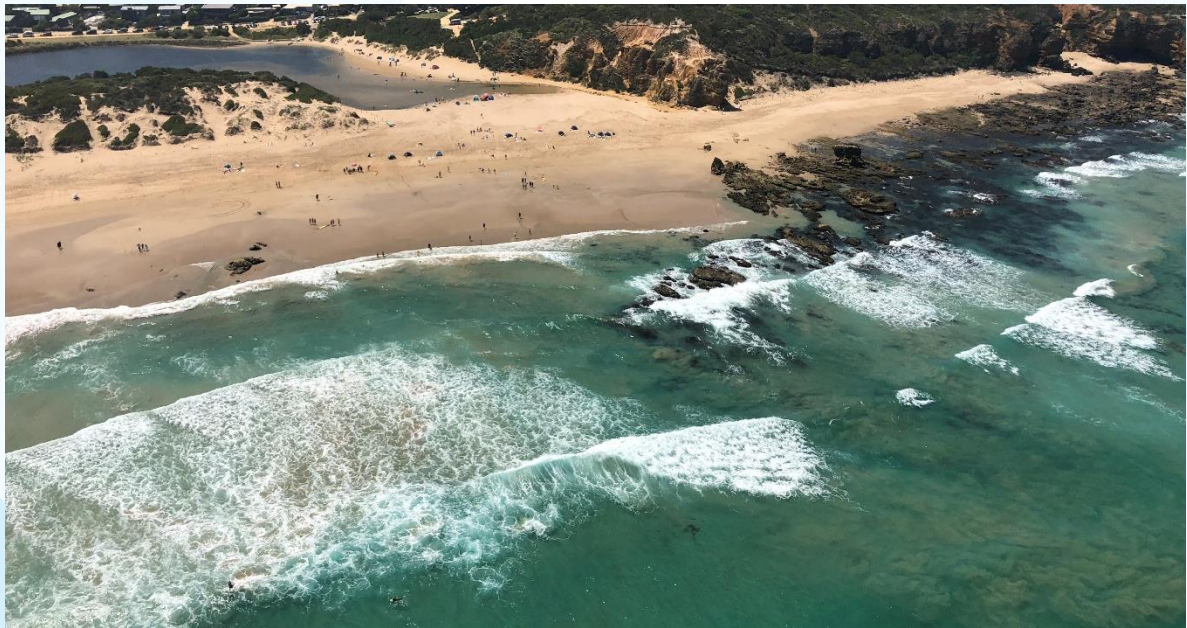
1. Check the current and water depth

2. Look out for dangers

3. Wear a lifejacket

Other answers: never swim alone, etc.





State 3 ways to identify a rip and identify and circle the rip current in the image above

1. Murky, discoloured water  
.....
2. No breaking waves/ calm water  
.....
3. Water moving out to sea  
.....

Circle all the items you would take to the beach with you

Hat	Trampoline	Sunglasses	Alcohol
Ice Cream	Towel	Beach Ball	Sunscreen
Plastic Bags	Bathers	Animals	Water Bottle

# Swimming @ Home Episode 6

In this episode you will	You'll need the following equipment
1. Practice Sidestroke 2. Experience Virtual reality	✓ Pillow or Cushion ✓ Teddy bear ✓ Drink bottle

## SIDESTROKE

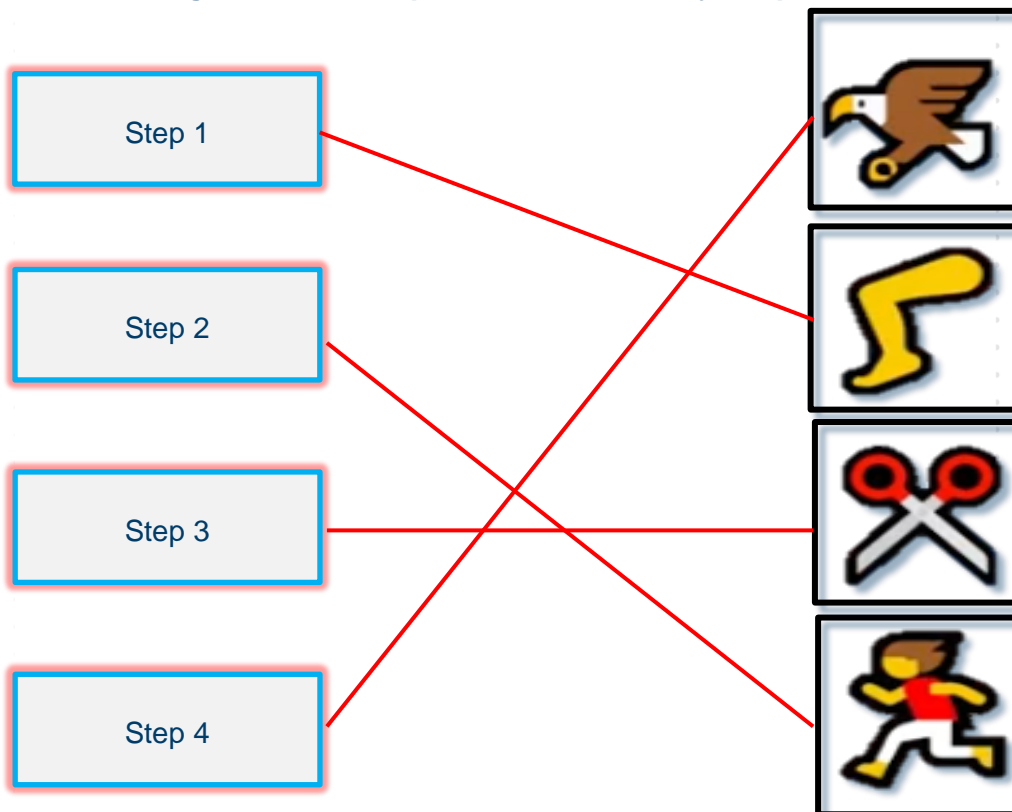
Circle the correct response

When doing sidestroke,

- a) you are swimming on your side
- b) you can tow someone else
- c) you keep your face out of the water
- d) all of the above



Link the following sidestroke steps with the order they are performed in



# VIRTUAL REALITY

Have a look around with Sami as she explores using virtual reality.

Write down 4 things you can see at the indoor pool and 4 things you see at the outdoor pool.



## Indoor pool

1. Survival strokes being practiced
2. A lifeguard
3. Children floating
4. Anything subjective noticed

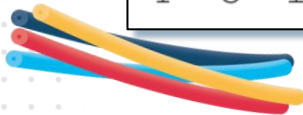
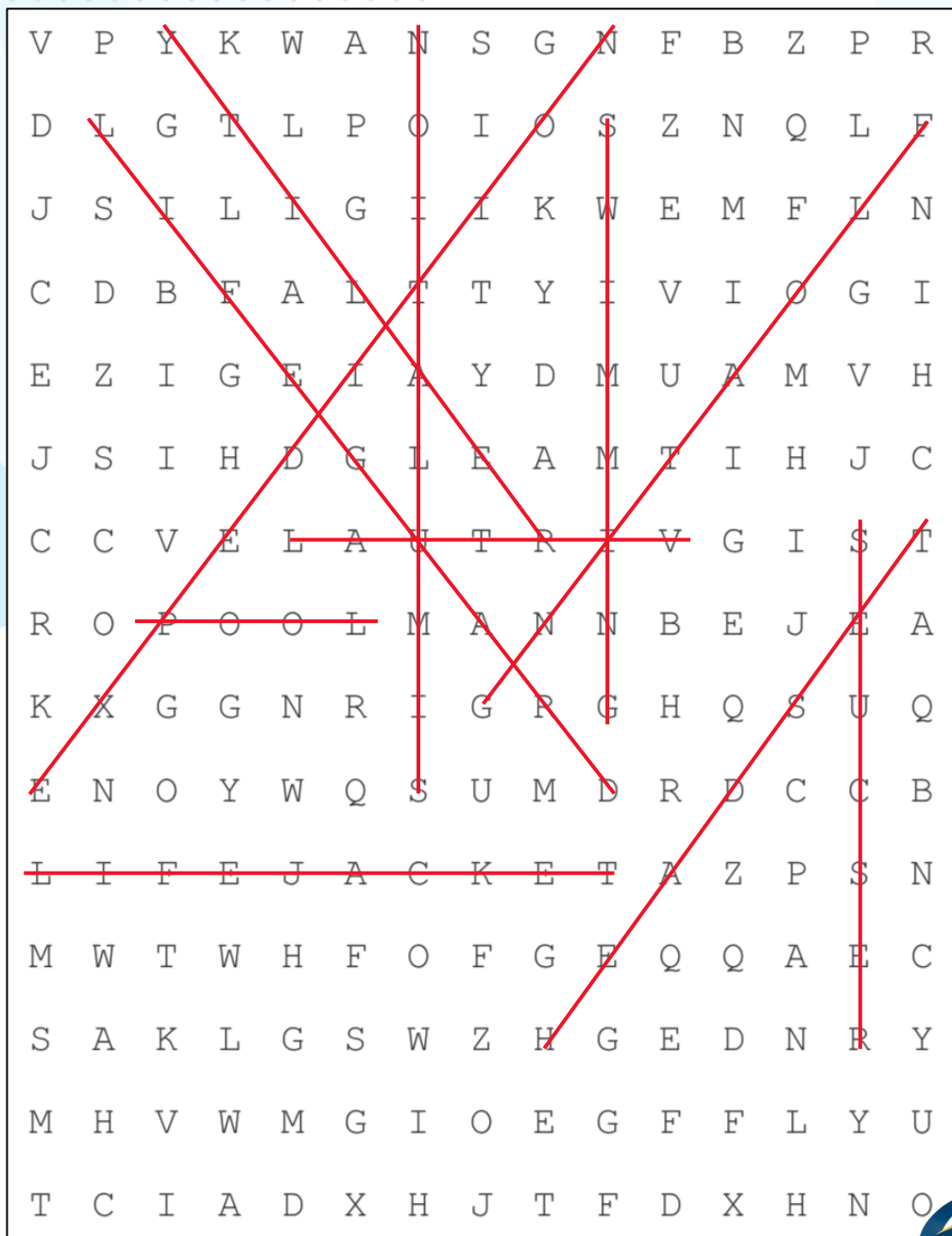
## Outdoor pool

1. People practicing rescues
2. Throw and reach rescues
3. Swimmers in lifejackets
4. Anything subjective noticed





Complete the Virtual Reality word search by finding the words below



Expedition

Floating

Headset

Lifeguard

Lifejacket

Pool

Reality

Rescues

Simulation

Swimming

Virtual

# Swimming @ Home Episode 7

In this episode you will	You'll need the following equipment
<ol style="list-style-type: none"><li>1. Practice butterfly stroke</li><li>2. Learn what to do in an emergency</li></ol>	<ul style="list-style-type: none"><li>✓ Pillows</li><li>✓ Teddy Bear</li><li>✓ Drink Bottle</li></ul>

## BUTTERFLY

Use the words to complete the following sentences

dolphin

out

freestyle

down

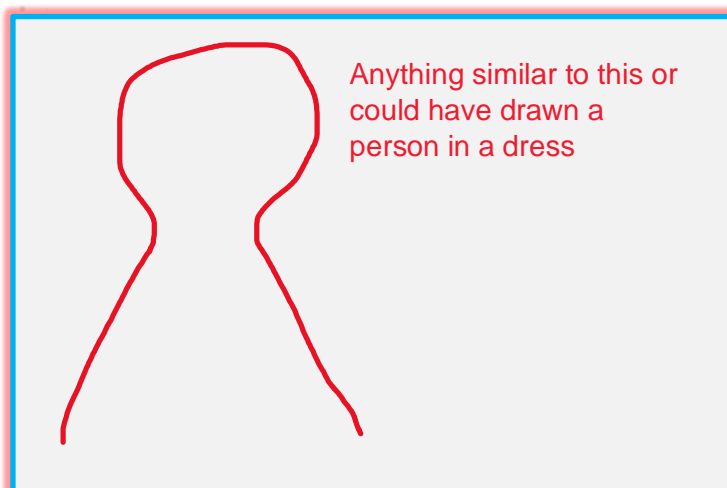
Doing butterfly is just like doing double leg and double arm freestyle.

The kick used in butterfly is called dolphin kick.

Unlike breaststroke, in butterfly, our arms come out out of the water

We do butterfly with our body facing down in the water.

In the box below, draw what shape we make with our arms when we pull underwater during butterfly



# DRSABCD

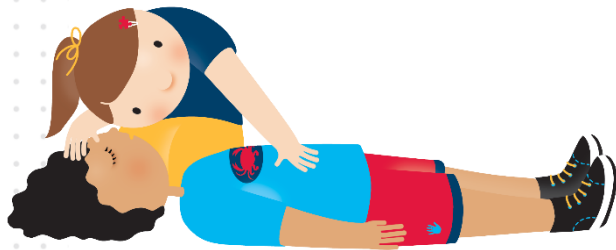
As we have learnt earlier, we need to remember the acronym DRSABCD to remember what to do in an emergency. As a reminder:

- ✓ D is for Dangers
- ✓ R is for Response
- ✓ S is for Send for Help
- ✓ A is for Airways
- ✓ B is for Breathing
- ✓ C is for CPR
- ✓ D is for Defibrillation.



Why is it important to check and clear (if necessary) a patient's airway?

The airway is used to breathe oxygen in and out of the body, so need it to be clear and not blocked to ensure the patient can breathe.



When checking for a patient's normal breathing, we:

**L** O O K

**L** I S T E N

**F** E E L

Circle the correct response

When in an emergency, the most important person is

- a) The Patient
- b) Friend of the patient
- c) Bystanders
- d) Yourself

Circle the correct answer to each sentence below

If you cannot notice the patients breathing, start CPR

True / False

There is no need to tilt the patients head back when performing rescue breaths

True / False

Rescue breathing follows chest compressions

True / False

You use the heel of your palm and push in the center of the patients chest

True / False

Tick which is the correct number of compressions to breaths in CPR

50 Compressions  
2 Breaths

30 Compressions  
2 Breaths

2 Compressions  
30 Breaths

15 Compressions  
4 Breaths



List four reasons why you would stop doing CPR

1. The Defibrillator tells you to stop
2. Someone else comes and takes over
3. The ambulance takes over/tells you to stop
4. The patient wakes up

What is a defibrillator used for?

Analyses patients heart rhythm and may tell us to shock the patient

Is used to help bring the patient back to life by administering a shock to re set the heart rhythm.

