



# Swimming @ Home

## Activity workbook



# 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.



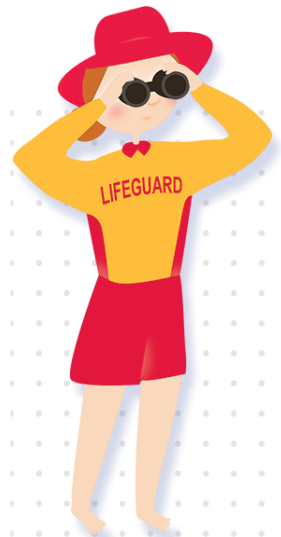
Provide First Aid

☐

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                      bubbles  
   low                      torpedo

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

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

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

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

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

## VISITING THE BEACH AND THE RIVER

Can you remember how to check for each of the following at the river?

Draw a line to match what we need to check for with how we check it.

**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 \_ \_ K \_ \_ U R L \_ \_ S.

AN LI RA W ST

AU \_ \_ RA \_ \_ \_ \_ C \_ \_ \_ L.

AN UP DS UR

C \_ \_ YO \_ \_ H \_ \_ \_ \_.

W LO BB ES

B \_ \_ \_ BU \_ \_ L \_ \_.



# 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!

- Talk Rescue
- Reach Rescue
- 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!



I can look up to the roof

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

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

I lock my arms to my ears

1.

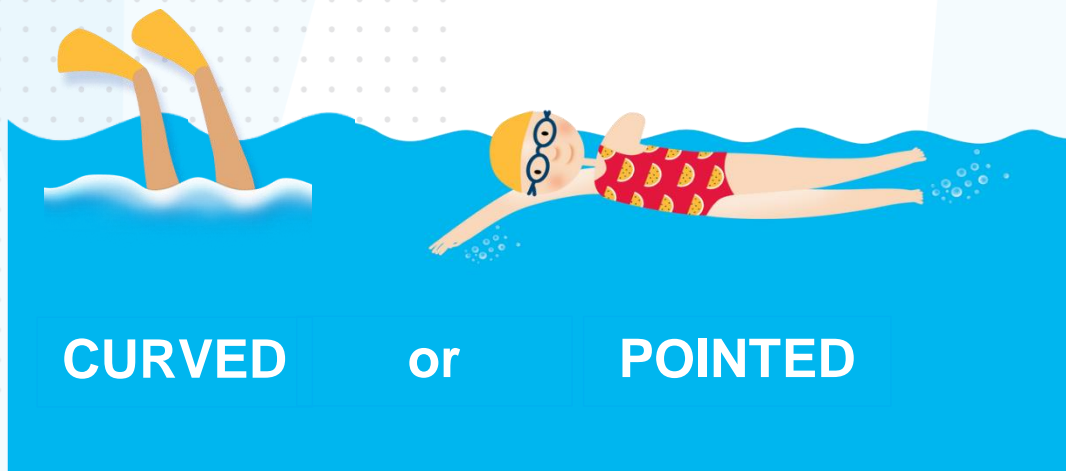
2.

3.

4.

Stick  
Here!

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.

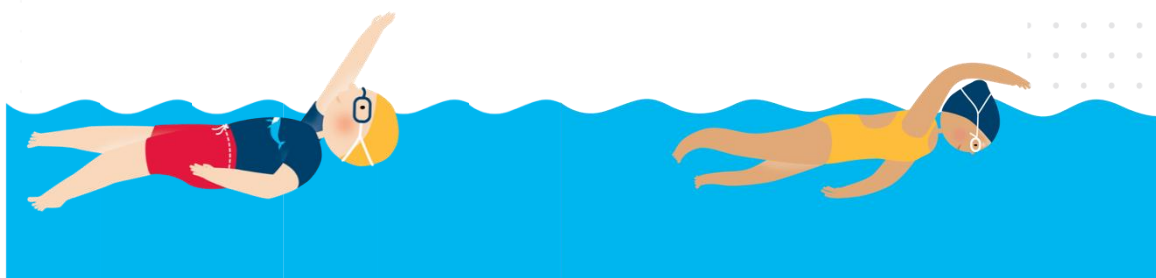
We glide through the  
water in the shape of a

back.

During backstroke, our  
body stays long and

torpedo/rocket.

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?

S\_\_\_ on a shirt!

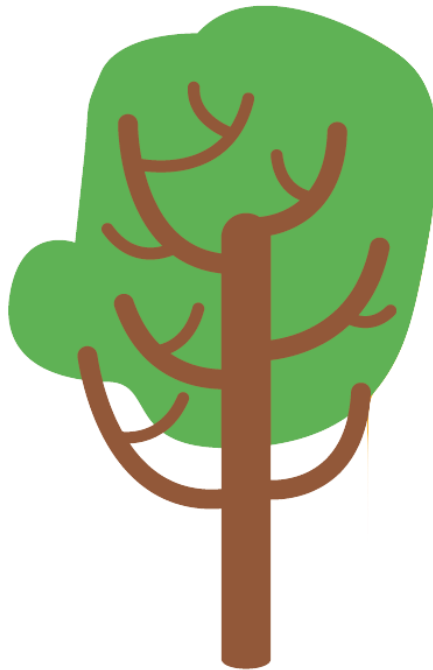
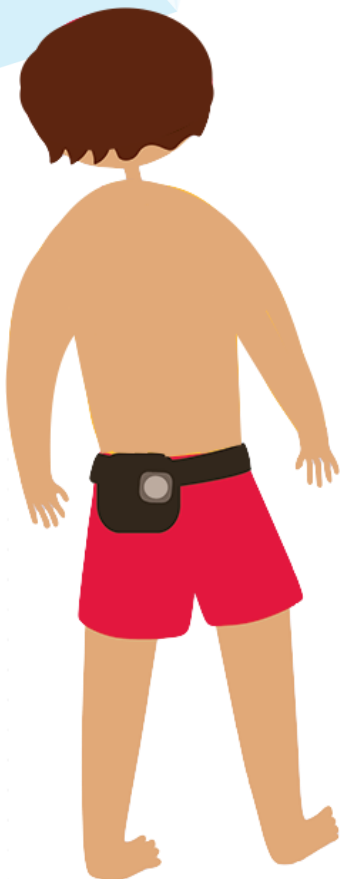
S\_\_\_ on some sunscreen!

S\_\_\_ on a hat!

S\_\_\_ some shade!

S\_\_\_ 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:
1. Survival Backstroke 2. What to do in an emergency	✓ Cushions ✓ Couch, chair or beanbag ✓ Water Bottle ✓ Teddy Bear

## SURVIVAL BACKSTROKE

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

A survival stroke is \_\_\_\_\_

\_\_\_\_\_

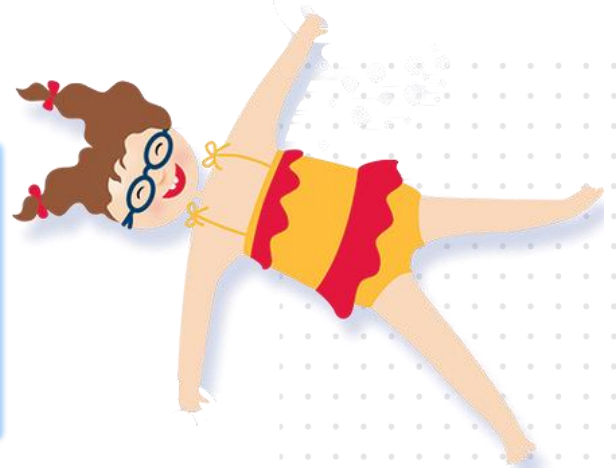
**There are four different types of survival strokes! Do you know what they are?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



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

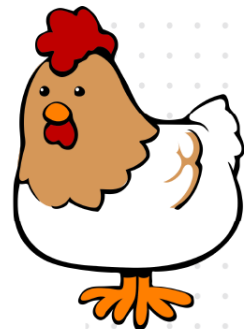
Whip



Scissor



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



# 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!

D

R

S

A

B

C

D



Can you hear me?

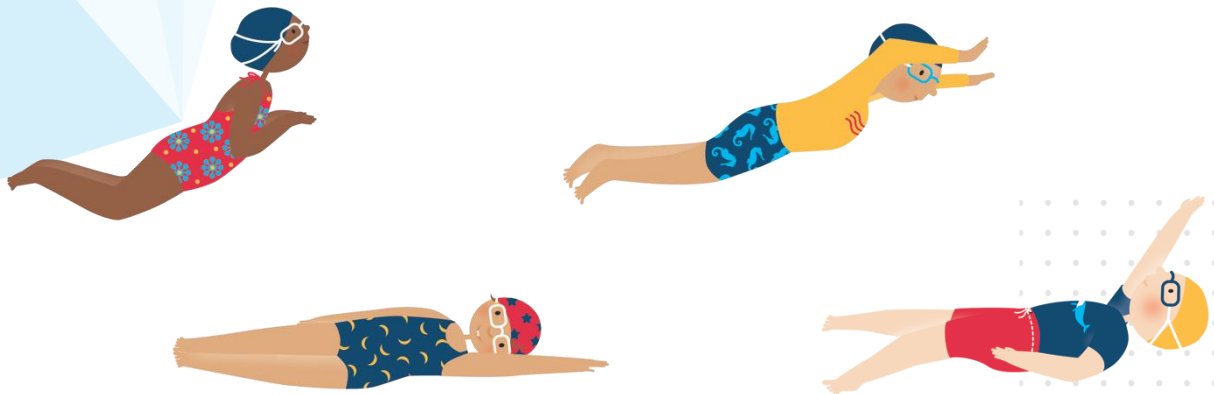


# Swimming @ Home Episode 5

In this episode you will	You'll need the following equipment
1. Practice Breaststroke 2. Learn about different waterways	✓ Couch or chair ✓ Pillows ✓ Jacket ✓ Drink bottle

## BREASTSTROKE

Circle the swimmer who is doing Breaststroke



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

1. ....
2. ....

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.



.....



..... Glide .....



.....



.....

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 ..... kick.

Breaststroke is done facing ..... and backstroke is done facing .....

Once we kick our legs, we ..... through the water.

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

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



## AQUATIC ENVIRONMENTS

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

1.	2.	3.

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. ....
2. ....
3. ....



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

1. ....
2. ....
3. ....

**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

Step 1

Step 2

Step 3

Step 4



# 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.

2.

3.

4.

**Outdoor pool**

1.

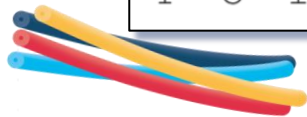
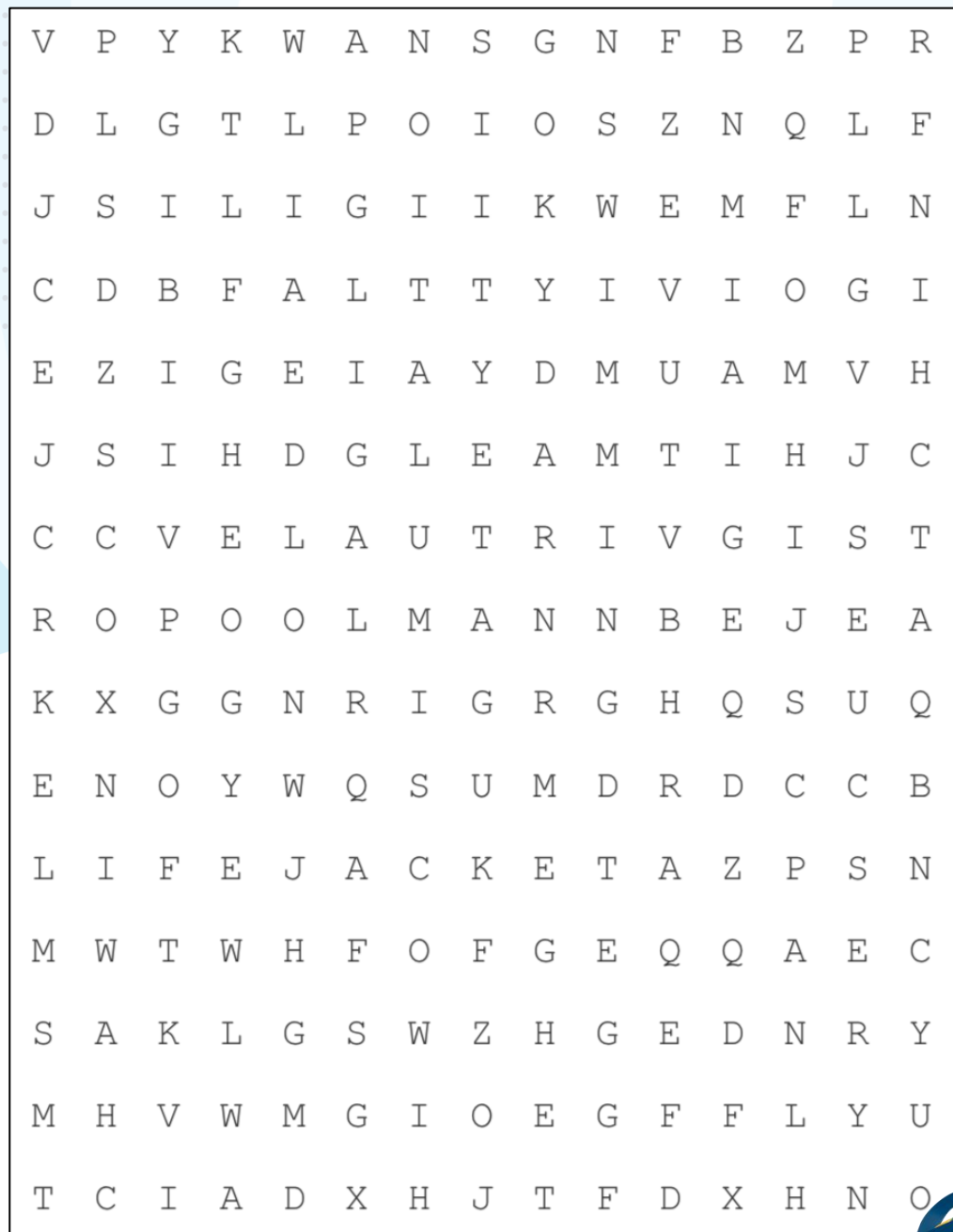
2.

3.

4.



Complete the Virtual Reality word search by finding the words below



Expedition

Lifeguard

Reality

Swimming

Floating

Lifejacket

Rescues

Virtual

Headset

Pool

Simulation

# 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

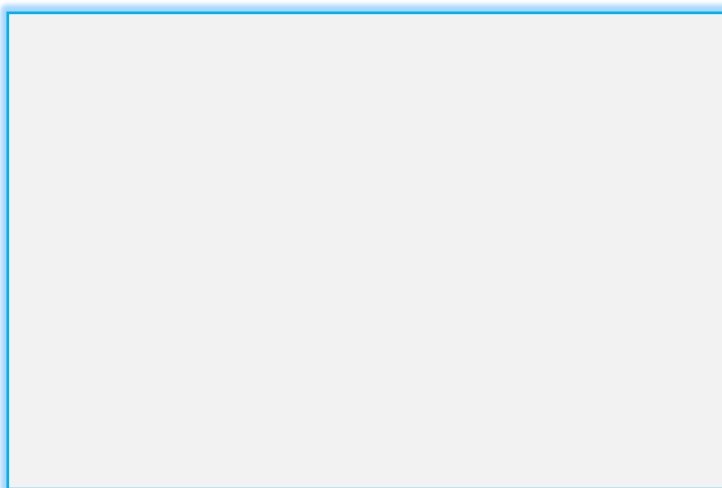
Doing butterfly is just like doing double leg and double arm .....

The kick used in butterfly is called ..... kick.

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

We do butterfly with our body facing ..... 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?

.....

.....

.....



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

L \_ \_ \_

L \_ \_ \_ \_

F \_ \_ \_

**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. ....
2. ....
3. ....
4. ....

**What is a defibrillator used for?**

.....

.....

.....

.....

