

# SWIMMING ADVICE

Watch the video and then answer the questions below.

Watch the video and then complete the sentences below using the words from the box.

Aquatic Skills Beach Confident Classes Learn

If you haven't got any swimming \_\_\_\_\_, you can try to take a swimming \_\_\_\_\_.

Swimming \_\_\_\_\_ centres offer all different sorts of \_\_\_\_\_.

First \_\_\_\_\_ to swim in the swimming pool and then when you feel \_\_\_\_\_ you can go to the \_\_\_\_\_.

Match the word to the correct sentence.

Swimming

A movement of the legs and arms that helps to keep the head above water.

Floating

Moving your arms and legs in a coordinated way to propel you through the water.

Treading Water

Remaining on the surface of the water.

When you get into trouble at the beach, the most important thing is to stay calm. In your own words explain how knowing how to swim in a pool can help you to stay calm when you get into trouble at the beach.