

KS2 PE Quiz

Swimming

Swimming is the movement through water using the arms and legs. Swimming is not only fun but is a very important skill and could save yours or someone else's life one day. There are many types of swimming styles such as backstroke, front crawl and even the butterfly stroke.

This quiz tests your knowledge of swimming and keeping safe around water.



1. When you go swimming it is best not to go alone. Why?

- It is more fun with friends
- If you get into trouble others can get help
- Others will help you keep warm
- It is more expensive alone

2. Which of these is the safest place to swim?

- Local river
- Canal
- Icy pond
- Local swimming pool

3. Which is a safe place to dive?

- Into the sea
- From the side of the pool
- From the diving board
- In the shallow part of the pool

4. What must you never do around the edge of the pool?

- Run
- Talk
- Walk
- Sing

5. What do the numbers around the pool tell you?

- The age you are allowed to swim
- The date
- They don't mean anything
- The depth of the water

6. If you can't swim which part of the pool should you stay in?

- You shouldn't go in the pool
- The deep end
- The shallow end
- The middle

7. What is the best method of getting out of the pool?

- Climb up the side
- Stand on someone else
- Use the steps and handrail
- Jump out of the shallow end

8. How should you enter the pool safely?

- Run and jump in
- Climb down the steps
- Dive in from the side
- Cartwheel into the pool

9. When sculling, what equipment should you be using?

Poolside brush

A football

Floats

Swimming cap

10. Which of the following is NOT a swimming stroke?

Side step

Breaststroke

Front crawl

Back crawl

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1. When you go swimming it is best not to go alone. Why?

- It is more fun with friends
- If you get into trouble others can get help
- Others will help you keep warm
- It is more expensive alone

If you are alone there would be no one to raise the alarm if you got into difficulties

2. Which of these is the safest place to swim?

- Local river
- Canal
- Icy pond
- Local swimming pool

There are lifeguards present and no hidden dangers or currents

3. Which is a safe place to dive?

- Into the sea
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4. What must you never do around the edge of the pool?

- Run
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You could slip as the edge of the pool is wet

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