**TRUE or FALSE?**

1. You should always run, not walk around the pool side

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1. Swimming is the only sport that can save your life

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1. The scissor kick is a technique for treading water

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1. Swimming works out all of the muscles in the body

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1. The width of a standard pool is longer than a length

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1. Red flags at the beach means it is safe to swim in the sea

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1. Butterfly is done on your back

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1. Children under the age of one can go in the pool

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1. You should never push anyone into the pool

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1. Swimming is now a compulsory lesson at primary school

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**Cross Curricular Ideas**

It is easy to bring other subjects into a swimming lesson:

MATHS

* Ask a simple mental arithmetic question and ask the children to swim the answer in widths – e.g. 2 x 3 – 1 (swim 5 widths)
* Use a tape measure to measure the length and width of the pool to give the children an idea of distance

SCIENCE

* Talk about different muscles and limb, and how these help you to swim faster
* Discuss forces keeping you afloat

ENGLISH

* Write letters on floats and ask the children to spell out words in the pool
* Encourage the children to complete the word searches and crosswords in this pack

PHSE

* Promote team activities during the lesson to improve teamwork skills
* Discuss health benefits of swimming

GENERAL TIPS

* Choose a subject and create some true or false and yes or no questions. Ask the children to swim to different areas of the pool depending on their answer. Use different strokes on each question
* Ask questions on different subjects while the children tread water