

Swimming Test

Name _____

Directions: Answer the questions to the best of your ability. Read all the directions before beginning each section of the test. The test is worth 40 points.

Matching (2 points each) Write the correct letter on the line provided:

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| _____ 1. Scissor Kicking | a. toes hooked on edge of pool, arms over ears, thumbs hooked together, lift rear foot when diving |
| _____ 2. Breaststroke | b. body is horizontal from floor of pool, eyes looking at ceiling, limit movement |
| _____ 3. Kneeling Dive | c. legs extended behind body, bringing heels to the surface, alternate feet up and down, small splash |
| _____ 4. Backstroke | d. bring heels toward butt then outward, glide for 3-6 seconds, arms extended and brought downward till elbows reach shoulder line, extend arms to glide |
| _____ 5. Supine Floating | e. extend one arm above the head, arms always in opposite motion, face in water, alternate feet up and down |
| _____ 6. Crawl Stroke | f. move knees sideways and bring heels toward butt, float on back, bring fingertips to armpit, extend arms out of water, then bring them back towards hips |

True/False (2 points each) Write a capital T for true or F for falso on the line provided:

- _____ 7. Accidents can happen at anytime and any place hi the pool even when you are being careful.
- _____ 8. It is okay to swim alone, as long as, the lights are on and the doors are open.
- _____ 9. If the depth of the pool is not known or is not clearly printed on the side of the pool, do NOT dive into the area.
- _____ 10. Entering the pool without teachers permission is okay.
- _____ 11. Running around the pool area is prohibited at all times because the ground is slick from the pool water.
- _____ 12. You should always enter the pool feet first.
- _____ 13. Swimming in a pool where a lifeguard is present is a good idea, but is NOT a must.
- _____ 14. Chewing gum while swimming will NOT affect your swimming skills or cause serious problems.
- _____ 15. It is a good idea to eat a full course meal before you go swimming.

Essay (10 points) Use complete sentences with correct punctuation. Complete the essay on a blank sheet of paper:

16. Why is it important to follow safely rules and listen to the teachers instruction during this swimming unit? Give an example of someone not following a safety rule and the consequences of their actions.