

Swimming Worksheets

Name: _____

Swimming Through Time

The act of swimming dates back centuries. Fill in the blanks to complete the historical summary of swimming.



Cave paintings during the age reveal the earliest records and depictions of swimming from around 7,000 years ago.

records of swimming dates _____ and BC.

Name: _____

Yes or No?

Answer the following questions with Yes or No then provide a brief justification for your answer.



	Is swimming a sport?	_____
	Is swimming a recreational activity?	_____
	Is swimming good for the respiratory system?	_____
	Is swimming to a great effort from swimming to an easier?	_____
	Is swimming bad for the muscles?	_____
	Do you know how to swim?	_____

SWIMMING WORKSHEETS

Name: _____

Risk or Benefit

Read each statement carefully then classify it as either a risk or a benefit of swimming.



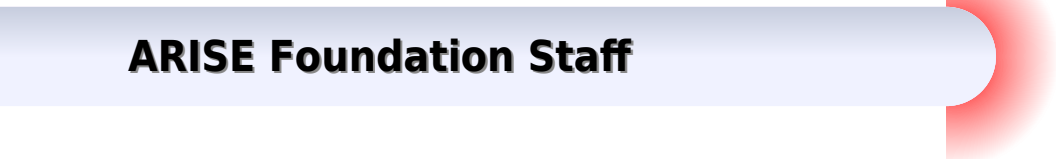
☐	A swimmer could fail to maintain consistent motion to swim.
☐	Because of the coldness of the water, a swimmer may lose his or her critical core temperature.
☐	A swimmer is able to exercise his or her cardiovascular system.
☐	A swimmer is able to tone and strengthen his muscles while swimming.
☐	Prolonged exposure to hypertonic salt water may lead to dehydration.
☐	A swimmer's head can be impacted by rapidly moving water.
☐	Swimming reduces the harmful effects of stress.



SWIMMING WORKSHEETS

Learn To Swim Activity Sheets

ARISE Foundation Staff



Learn To Swim Activity Sheets:

Yeah, reviewing a books **Learn To Swim Activity Sheets** could mount up your close contacts listings. This is just one of the solutions for you to be successful. As understood, capability does not suggest that you have extraordinary points.

Comprehending as without difficulty as bargain even more than supplementary will present each success. next to, the revelation as without difficulty as perspicacity of this Learn To Swim Activity Sheets can be taken as capably as picked to act.

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