

# Swimming

## I. UNIT LENGTH

3 Week Unit

## II. OBJECTIVES

1. To equip the individual with basic water safety skills and knowledge in order to make him reasonably safe while in, on, or about the water.
2. To develop an appreciation for water activities as wholesome leisure time activities.
  3. To encourage further interest in swimming so the individual may continue to improve and add greater skills and competence to his swimming abilities.
  4. To prepare the student for additional water safety training by introducing him to a series of skills designed to improve his stamina and basic coordination.
5. To develop and increase cardiovascular endurance and physical coordination.

## III. SKILLS TO BE TAUGHT

Red Cross Series: Learn To Swim Levels I-VII

### **SWIMMING POOL SAFETY**

1. Articles of food, glass containers, band aids, gum, etc. are not permitted in the pool area.
2. Street shoes are not to be worn on the deck; aqua socks are permitted along with other types of water "shoes".
3. Students are only to wear their bathing suits; t-shirts or any other piece of cover-up clothing should NOT be worn over a suit (in the water).
4. Non-Swimmers must stay away from deep end of pool.
5. No horseplay in the pool or locker room area.
6. No running on the deck, shower, or locker room area.

### **CARE OF EQUIPMENT**

1. Equipment should be **NEATLY** stored on deck.
  - A. Kick boards are to be stacked..
  - B. Swim fins are to be stored in the appropriate bin by size.
  - C. Pull buoys are to be stored in the large plastic can.
2. All rescue equipment should be left alone and stored or hung properly to be ready for use in case of an emergency.

## **SWIMMING STROKES**

Each of the swimming strokes are analyzed in the video, "American Red Cross Swimming & Diving". The video analyzes each stroke in the following phases:

Body Position/Motion

Arm Stroke

Kick

Breathing & Timing

Hydrodynamic Principles

The strokes covered in the video are the following:

Front Crawl

Back Crawl

Sidestroke

Breaststroke

Elementary Backstroke

Butterfly

Front Dive

Turns

## **SAFETY SKILLS**

Each of the following safety skills is covered in the video, "American Red Cross Water Safety Instruction".

- Release Cramps
- Non-swimming assist
- Reaching Assists
- Throwing Assists
- Wading Assists
- Ring Buoy
- Rescue Tube
- Shepherds Crook
- Unknown Water
- Weeds
- PFD
- Currents
- Life Jacket
- Huddle Position
- Help Position

## **SWIMMING TERMINOLOGY**

**BACK GLIDE:** A technique for moving through the water in a supine position.

**BOBBING:** The skill of submerging and returning to the surface. Used to develop proper breathing techniques.

**BUOYANCY:** The upward force a fluid exerts on bodies in it.

**DRAG:** The resistance of water on a body moving through it.

**DROWNING:** Death by suffocation when submerged in water.

**FINNING:** An arm motion in which one keeps their arms and hands in the water and moves the hands towards the body then away.

**FLIP TURN:** A fast and efficient turn done in a tuck position.

**FREESTYLE:** A competitive event in which any stroke is allowed. The term is frequently used for the front crawl, since that is the stroke most often used in this event.

**GLIDE:** The stage of a stroke after the power phase when the body keeps moving without any swimmer effort.

**LEVELING OFF:** Assuming a prone position.

**POWER PHASE:** The stage when the arm or leg stroke is moving the body in the desired direction.

**PRONE:** On the front, face down.

**PRONE FLOAT:** A stationary and face-down position in the water.

**PRONE GLIDE:** A technique for moving through the water in a prone position.

**RECOVERY:** The stage of the stroke when the arms and/or legs relax and return to the starting position.

**RESTING STROKE:** A stroke that may be used when the swimmer is tired or swimming long distances; a noncompetitive stroke. The resting stroke utilizes the glide to increase its efficiency.

**RHYTHMIC BREATHING:** A technique of inhaling air through the mouth and exhaling through the mouth and nose while turning the head to the side.

**ROTARY KICK:** A kicking technique used for treading water, sometimes called the egg-beater kick.

SCULLING: A technique for moving through the water or staying horizontal using only the arms and hands.

STREAMLINED A body position with hands interlocked, arms straight stretched POSITION: overhead, head centered between arms, legs together, body straight, and toes pointed.

SUPINE: On the back, face up.

SUPINE FLOAT: A stationary and face-up position in the water.

SWIMMING EFFICIENCY: The ability to swim with a minimum amount of effort.

TREADING WATER: A skill using arm and leg movements to stay stationary and vertical with the head out of the water.

UNDERWATER SWIMMING: The technique of swimming under the water surface by submerging the body and adapting a stroke, usually the breaststroke. Helps to develop breath control.

## **SWIM SKILL TEST**

Once each student has been assigned a level, assign points to the skills in the levels to total 10 points (Each skill is worth 1/2 point). Once a student has passed out of a level, the skills in the new level can be extra credit points.

NOTE: It is important that each student is pre-tested thoroughly and placed in the appropriate level according to his/her ability to begin the unit. Once a student is pre-tested and placed in a level, have your group leaders evaluate each student to insure that each student is in the appropriate level, and move if necessary.