

Lesson 1 of 6

POOL ACTIVITIES

EQUIPMENT

Four or five beach balls » One flutter board per student

RELATED RESOURCES

- Physical Health Education Canada, www.phecanada.ca/programs/physical-literacy
- Swimming Technique, www.swimmingtechnique.org
- Swim Smooth, www.swimsmooth.com
- Ever Active Schools, www.everactive.org



Safety First!

"Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR, 2013) pages 11-17, 31-35 and 38.



Activity

Activity

Basic Skills	A(10-30) 1
Application of Basic Skills	

ESSENTIAL QUESTION

What is the relationship between swimming/water activities and overall physical, social and emotional health?

WARM UP!

RUNNING RELAY

Before beginning this lesson, download the supplemental materials from www.everactive.org.

Separate students into groups of 4 and bring them to the shallow end of the pool. Each group should have a specific area that they are "running" in (this is best when there are lanes available at the pool). Invite two students from each group to stand at opposite ends of the pool facing their teammates. Each student will perform one length of the pool while completing the following activities:

1. Running forwards with your arms in the air
2. Running backwards with your arms in the air
3. Running forwards with your arms to your side
4. Running backwards with your arms to your side

After each length of the relay, ask the students to stretch a different muscle group that they will be using during the stroke development part of our lesson.

Clues that students are achieving the outcome...

"Students will apply and refine locomotor skills and concepts — effort, space and relationships — to perform and create variety of activities to improve personal performance." *K-12 Physical Education Program of Studies, Alberta Learning, 2000*

- Students can perform the front crawl with proper technique



MAIN LESSON**FRONT CRAWL SWIMMING TECHNIQUE**

Before beginning this lesson, download the supplemental materials from www.everactive.org.

While students are holding onto the edge of the pool, explain the proper technique for kicking. After explaining the kicking technique, have students practice leg kicks with their heads out of the water while holding on to the edge of the pool. Then go over the front crawl/freestyle and breathing.

After explaining the front crawl and breathing ask students to hold onto a flutter board while practicing their stroke, breathing and kicking across the pool. Students can be divided into groups if there is not enough room for everyone to go across at once. The flutter board is to remind the students that their hands should come back to the middle of the bodyline at the top of their stroke. Progress to having the students practice their stroke, kicking and breathing without the flutter board. Remind them that their stroke needs to reach far ahead of them in order to be efficient.

BUILDING COMPETENCE WITH FRONT CRAWL ACTIVITIES

Choose one or both of the activities below.

BEACH BALL RELAY

In this activity, you will need a minimum of four or five beach balls. Divide students into the amount of groups equal to the amount of beach balls that you have. Each group sends half of their team to one end of the pool and the other half to the other end. The ultimate goal of the relay is to get the beach ball from one end of the pool to the other using your nose (or your forehead area) while using the front crawl stroke. Time the relay so that all groups complete the activity at the same time.

BRITISH BULLDOG

In this activity, select one or two students to be the “bulldogs” that situate themselves about halfway between the full-length of the pool. All the other students remain at one of end of the pool and hold onto the edge. When the bulldogs yell “British bulldog,” all the students swim from one end of the pool to the other without getting tagged by the bulldogs. If they make it all the way to the other end of the pool, they are safe. If tagged before arriving to the end of the pool, they become a bulldog. Play this until there are no more swimmers left or until there are only two people left.

COOL DOWN

Bring all the students in around the edge of the pool and invite them to stretch muscles while they are in the water (arms, legs, shoulders, back, etc.)

While they are stretching, ask questions to review the different components of the front crawl:
 “What shape does your arm do underwater on your down stroke?”
 “What is the first joint to move in your kick?”



Activity